

## Second in Scale to 1,000-Plane Raid

# Great Assault Rocks Cologne

Enemy Tank Attacks in North Repulsed With Heavy Losses

## British, Americans Recapture Tunisian Town of Kasserine

To Fulfill Promises

### Aberhart Raps Opposition, Cites Resolve of Members To Attain Alberta's Goals

Premier William Aberhart, in a stirring address to the Alberta legislature Friday afternoon, said promises made by his government still stand, and will be fulfilled.

The premier was speaking in the debate on the Speech from the Throne, which was concluded at the Friday sitting. His hour-long speech received rapid attention from both sides of the house, and drew sustained applause at its conclusion.

Mr. Aberhart's reference to his government's promises came after he had noted the attention opposition members had given to the promises in their addresses to the house.

#### PROMISES WILL STAND

"These promises will stand, and they will be fulfilled," the premier told the session. "They will be fulfilled as soon as Prime Minister King fulfills his made the same year, at Prince Albert, Saskatchewan."

Premier King, at Prince Albert, said Social Credit will spread like wildfire over the whole of Canada, and over the whole world, if Premier Aberhart could make his schemes work. The Canadian prime minister added that if a Liberal government was returned to power at Ottawa, Mr. Aberhart would be given the fullest opportunity to work out his plans.

"And the prime minister keep his promises?" Premier Aberhart asked.

"Just read the story of disallowances and ultra vires decisions, and you will know the answer. How unfair and utterly foolish is the belated cry, 'you didn't keep your promises'!"

In the course of his address, the premier said legislation might be introduced later in the session, calling for an increase in the minimum pay of Alberta teachers, from \$840 to \$900.

#### TEXT OF ADDRESS

Text of Mr. Aberhart's address follows:

"As I look around the legislative assembly I cannot avoid feeling that comes upon me as he per-

Continued on Page 5, Col. 1

### New York Writer Missing After Raid On Wilhelmshaven

LONDON, Feb. 27.—(CPI)—

P. Post, New York Times war correspondent, is missing with one of the bombers lost in yesterday's American Air Force raid on Wilhelmshaven, army headquarters announced today.

The announcement said two men had been seen to parachute from the disabled plane in which Post was riding as an observer.

Army officers were not without hope that Post had landed safely.

### Tribunals Sought

## Bill for Adjustments On Western Farm Debt

### Drafted at Conference

SASKATOON, Feb. 27.—(CPI)—Draft of a bill to provide for the adjustment and settlement of farmers' debts through tribunals that would be set up in the three prairie provinces was agreed on by prairie government and farm organization representatives at a farm debt conference here yesterday.

The conference proposed that the governor-in-council establish one or more farm debt boards in any or all the prairie provinces with power to write down the principal and interest on farm debts, to alter the terms of payments and to set proceedings.

The draft bill envisaged resolutions approved at a prairie debt conference here last year. The conference proposed that each board consist of a chief commissioner and two commissioners, the chief commissioner to be a

### Flays Critics

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#### Vote 29 to 15

## Throne Speech Is Adopted on First Division

Division bells rang in the Alberta legislature for the first time in the new session, Friday afternoon, as a recorded vote was taken on a motion before the house, that of adoption of the Speech from the Throne.

The motion was passed, 29 Social Credit members voting for, and 15 independent against.

Five Social Credit members were absent from the division, as were seven of the opposition side. Of these seven, two are ill, and one overseas.

Mr. Speaker Peter Dawson recorded members, before the division, that absence from sessions was unacceptable, and deprived the assembly of the protection of the house," except in cases where the Speaker, had been notified of the absence.

C. E. Gerhart, Social Credit, congratulated, who moved adoption of the speech, closed it with a challenge.

Continued on Page 3, Col. 6

By DANIEL DE LUCE

#### ALLIED HEADQUARTERS, North Africa, Feb. 27

(AP)—Allied troops recaptured the town of Kasserine and their vanguards approached an air field 15 miles to the southwest, where the Germans have been demolishing installations preparatory to evacuation, field messages reported today.

The air field, at the village of Thelepte, lies but seven miles northeast of Feriana, another goal in the Allied counter-attack against the withdrawing divisions of Marshal Erwin Rommel.

Strongly entrenched British units in Northern Tunisia hurled back enemy tank attacks with heavy losses, it was announced.

#### REPULSE COUNTER-ATTACK

Trying to seize the initiative, Col. Gen. Jürgen Von Arnim, sent several battalions of infantry and armored units against the British line of the British line between Goubelt and Bou Arada, west of Point Du Fez. But British artillery and tanks beat off each thrust.

More than 400 German prisoners were decimated taken in the repulse of tank-supported enemy attacks in the Mateur-Baja valley, about 15 miles northeast of the village of Thelepte.

Continued on Page 3, Col. 8

### Through Mud

## Russians Smash Closer to Nazi Base at Orel

By HENRY SHAPIRO

Excerpted to the Edmonton Bulletin

MOSCOW, Feb. 27.—Soviet forces stinging westward across the muddy plains between Khar'kov and the Dnieper blasted the Germans from another village today as other Red Army troops to the northeast smashed closer to the anchor base of Orel.

Meanwhile, the Germans were hurling all available men and armor into an all-out attempt to check the Soviet offensive before Kramatorsk, 100 miles southeast of Khar'kov.

More than 300 troops were killed in a German attempt to break into the Soviet lines at Kramatorsk, the midday communique said.

The midday communique also reported that Soviet artillery in another sector before Kramatorsk destroyed 14 German tanks and "inflicted considerable losses on mutilated infantry following the tanks."

Southwest of Voroshilovgrad at the eastern end of the German pocket in this area, Soviet tanks were attacked by bombers but no details were announced.

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Photo by Alfred Hirth Studios

Robert Alexander, a civilian truck driver, who had been employed with the U.S. Army Engineers in Alaska, Mr. Alexander's home is in Denver, Colo. He was on his way to Seattle in the ill-fated plane. Another transport plane, with 11 persons aboard, is still being sought north of Edmonton. It has been missing since Feb. 6.

### Injured Men Crawled Through Snow

## Couple 19 Days in Northern Wilds Recount Ordeal From Hospital Beds

### Munda and Kiska Heavily Bombed

WASHINGTON, Feb. 27.—(AP)—

American dive bombers started "many fires" in a heavy raid on the Japanese air base at Munda in the central Solomon, the United States Navy announced today.

Kiska in the Aleutians also was attacked by bombers but no details were announced.

The midday communique also reported that numerous bombs were observed after the dive bomber raid on Munda was un-

Continued on Page 3, Col. 1

### Escapée Jailed

POINT ARTHUR, Feb. 27.—(CPI)—

John McDonald, apprehended in Montreal several weeks ago, was sentenced to six months imprisonment by Magistrate C. D. Lemay after he had been found "over his head."

### Roosevelt Making Recovery Progress

WASHINGTON, Feb. 27.—(AP)—

President Roosevelt, who has been suffering from an intestinal disorder since Wednesday, was said to be making good recovery progress, getting along very satisfactorily.

He had no temperature this morning. On the advice of his physician, however, he planned to take things easy over the weekend.

### Run! to Address Vancouver Board

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Continued on Page 3, Col. 1

### HOPE ALMOST GONE

Yankee Staff, Wilcoy, who re-

ceived notice Friday of his promotion to the rank of Pilot Officer, a new commission rank in the U.S. Army Air Force, said "I never was so happy in my life as when the

By JACK DELONG

Quick thinking, and courage that approached the unbelievable, on the part of a 22-year-old civilian companion, enabled the two to survive an ordeal of human suffering in the mountainous wilderness of northwestern Canada, following a plane crash on Feb. 6 that killed the pilot and co-pilot and inflicted compound leg fractures on the two who escaped death.

Staff Sergeant Pilot Edwin Wilcoy, 22, of Nekoma, Wis., and Robert Alexander, 45, of Denver, Colo., were also together after spending 19 days and nights in the open, exposed to the grim rigors of 45 below zero temperatures, blizzards and fevered blizzards.

Heavily early Wednesday after crawling through deep snow for five miles in an effort to reach a settlement, Sgt. Wilcoy and Mr. Alexander were brought to Edmonton Friday. The rescue was made by an R.C.M.P. constable and a U.S. army officer.

One of the injured men for three miles from their wrecked plane, which had been upturned the previous day by an R.C.M.P. searching plane from the U.S. Army Air Force.

Today's installment of Stanley Johnson's exciting sea saga, "Queen of the Flat-Tops," will be found on Page 7.

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### England Defeats Wales at Soccer

LONDON, Feb. 27.—(CPI)—

A record wartime football crowd including the King and Queen and a host of United Nations' notables today watched England defeat Wales 3-2 at Wembley in the feature soccer match of one of the most important sports days of the season.

The sergeant's first words to his rescuers were:

"It is ever good to see you. I had just about given up hope."

The sergeant's presence of mind before the plane crashed saved the

Continued on Page 10, Col. 1

### See Little Change In Gandhi Condition

BOMBAY, Feb. 27.—(CPI)—

A government communique said today there was little change in the condition of Mahatma G. Gandhi, now in the 18th day of a 21-day fast undertaken in an effort to obtain his unconditional release from internment at Poona. "He is somewhat anorectic and not quite so cheery," the bulletin said.

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### Canadians Aid R.A.F. Planes In Big Attack

By SIDNEY J. WILLIAMS

Excerpted to the Edmonton Bulletin

LONDON, Feb. 27.—British and Canadian four-engined bombers last night rocked Cologne, huge German industrial centre, in a block-buster assault seen in scale only to last summer's 1,000-plane raid.

Described officially as "very heavy," the raid carried the most concentrated aerial offensive of the war past the 24-hour mark.

Only 10 bombers were lost, compared with 200 in the last night's attack.

Three of the missing bombers were from the Royal Canadian Air Force, a Canadian communique reported.

The announcement that the raid was the second heaviest of the war in Cologne indicated that at least 500 planes participated.

An unidentified communique said "good results" were observed.

British bombers also attacked objectives in western Germany during the night while fighters and fighter bombers attacked targets in the Low Countries, France, the communique said.

But the main weight of bombs was concentrated on Cologne. Two- and four-ton blockbusters

Continued on Page 3, Col. 5

### At Ottawa

## Ask Relaxation Of Restrictions On Beer Sales

By B. T. RICHARDSON

Excerpted to the Edmonton Bulletin

OTTAWA, Feb. 27.—One of the most intensive drives of recent times is evident in Ottawa as the federal government seeks relaxation of the beer restrictions introduced by the federal government at a wartime measure.

Taverns and beer parlors in Montreal and other Quebec districts are closing, as beer distributors are being asked to restrict sales to conform with the 10 per cent cut ordered by Ottawa. No more beer until March, is the situation, and many taverns are closing. This is spreading to Ontario this weekend, and many beer parlors will be closed in this province.

PETITIONS POURING IN

From many parts of Canada petitions with thousands of signatures are being forwarded to the government and members of parliament in a flood. These petitions demand restrictions be relaxed. Many M.P.'s have received these and other representations to the government, and it is understood the cabinet has recently discussed whether or not a change should be made.

The attack of Ontario provincial treasurer, Mitchell Hepburn, in one sense, is related to the situation, since it is based on the argument that wartime restrictions are ruining the provinces.

A majority of cabinet ministers is in favour of abandoning the beer restrictions while maintaining the rationing of other war necessities. It is reported, according to parliamentary gossip, Prime Minister King and some other cabinet members are standing firmly against any change, desiring to leave beer rationing as it is, and to leave Mr. King's broadcast of December 16.

Gleanings From Today's Want Ads

Form to Pages 11 and 12

3-3 ROOM furnished suite, private bath, no adults, central heat, \$100.00. (Wanted 20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100-101-102-103-104-105-106-107-108-109-110-111-112-113-114-115-116-117-118-119-120-121-122-123-124-125-126-127-128-129-130-131-132-133-134-135-136-137-138-139-140-141-142-143-144-145-146-147-148-149-150-151-152-153-154-155-156-157-158-159-160-161-162-163-164-165-166-167-168-169-170-171-172-173-174-175-176-177-178-179-180-181-182-183-184-185-186-187-188-189-190-191-192-193-194-195-196-197-198-199-200-201-202-203-204-205-206-207-208-209-210-211-212-213-214-215-216-217-218-219-220-221-222-223-224-225-226-227-228-229-230-231-232-233-234-235-236-237-238-239-240-241-242-243-244-245-246-247-248-249-250-251-252-253-254-255-256-257-258-259-260-261-262-263-264-265-266-267-268-269-270-271-272-273-274-275-276-277-278-279-280-281-282-283-284-285-286-287-288-289-290-291-292-293-294-295-296-297-298-299-300-301-302-303-304-305-306-307-308-309-310-311-312-313-314-315-316-317-318-319-320-321-322-323-324-325-326-327-328-329-330-331-332-333-334-335-336-337-338-339-340-341-342-343-344-345-346-347-348-349-350-351-352-353-354-355-356-357-358-359-360-361-362-363-364-365-366-367-368-369-370-371-372-373-374-375-376-377-378-379-380-381-382-383-384-385-386-387-388-389-390-391-392-393-394-395-396-397-398-399-400-401-402-403-404-405-406-407-408-409-410-411-412-413-414-415-416-417-418-419-420-421-422-423-424-425-426-427-428-429-430-431-432-433-434-435-436-437-438-439-440-441-442-443-444-445-446-447-448-449-450-451-452-453-454-455-456-457-458-459-460-461-462-463-464-465-466-467-468-469-470-471-472-473-474-475-476-477-478-479-480-481-482-483-484-485-486-487-488-489-490-491-492-493-494-495-496-497-498-499-500-501-502-503-504-505-506-507-508-509-510-511-512-513-514-515-516-517-518-519-520-521-522-523-524-525-526-527-528-529-530-531-532-533-534-535-536-537-538-539-540-541-542-543-544-545-546-547-548-549-550-551-552-553-554-555-556-557-558-559-560-561-562-563-564-565-566-567-568-569-570-571-572-573-574-575-576-577-578-579-580-581-582-583-584-585-586-587-588-589-590-591-592-593-594-595-596-597-598-599-600-601-602-603-604-605-606-607-608-609-610-611-612-613-614-615-616-617-618-619-620-621-622-623-624-625-626-627-628-629-630-631-632-633-634-635-636-637-638-639-640-641-642-643-644-645-646-647-648-649-650-651-652-653-654-655-656-657-658-659-660-661-662-663-664-665-666-667-668-669-670-671-672-673-674-675-676-677-678-679-680-681-682-683-684-685-686-687-688-689-690-691-692-693-694-695-696-697-698-699-700-701-702-703-704-705-706-707-708-709-710-711-712-713-714-715-716-717-718-719-720-721-722-723-724-725-726-727-728-729-730-731-732-733-734-735-736-737-738-739-740-741-742-743-744-745-746-747-748-749-750-751-752-753-754-755-756-757-758-759-760-761-762-763-764-765-766-767-768-769-770-771-772-773-774-775-776-777-778-779-780-781-782-783-784-785-786-787-788-789-790-791-792-793-794-795-796-797-798-799-800-801-802-803-804-805-806-807-808-809-810-811-812-813-814-815-816-817-818-819-820-821-822-823-824-825-826-827-828-829-830-831



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# Send the Boys Overseas MORE CIGARETTES

Smokes are scarce in England and very expensive, besides our boys prefer Canadian brands. One simple way to make sure that all the troops receive cigarettes regularly is through the general distribution method of the Overseas League Tobacco Fund.

Many firms are contributing \$25 and upwards monthly for the duration through the League's Goodwill Plan.  
\$25 Monthly provides 1 package of 25 cigarettes a month for 400 men.  
\$50 Monthly provides 1 package of 25 cigarettes a month for 800 men,  
(or approximately a whole battalion.)

\$100 Monthly provides 1 package of 25 cigarettes a month for 1600 men.  
\$125 Monthly provides 1 package of 25 cigarettes a month for 2000 men.

All company donations to this fund may be treated as an expense for income and excess profit tax purposes. Please write for complete details.

Employees in war plants and other firms may form local chapters and contribute regularly to the League, as many are now doing. Further details on request.

NEARLY 3,000,000 PACKAGES already shipped overseas by the League, but this is just a drop in the bucket. TO PROVIDE EVERYONE IN THE RANKS WITH A PACKAGE PER WEEK, AN EXTRA \$25,000 PER MONTH IS NEEDED.

When you donate through the League the boys receive more cigarettes, because one dollar purchases in excess of 400 cigarettes. Shipments are made through the Red Cross and consigned to the Auxiliary Services and are distributed to the different units on an equitable basis.

## Share Your Smokes Cheer the Troops!

### CANADIAN FIGHTER SAYS "THANKS"

Dear Sir—  
I received a package of your cigarettes today and believe me I was sure glad to receive them, as they are very scarce here, as you likely know.  
I am a despatch rider in the 4th Division, a job which is very hard on the nerves, as you can imagine how much a good smoke helps. I have been over here only three weeks but I like it fine. The country is very nice, and so are the English and Scotch people. I notice you live in Toronto. It is not so long ago now I was stationed at Camp Borden and I used to see quite a lot of Toronto. It's a nice place. So, thanking you again, I remain,  
Yours sincerely,  
(Signed) T.P. J. MANGELL, LMSOT  
(SFR) 2710 Can. Army Regt.  
Somewhere in England.

CAN. ACKNOWLEDGMENT RETURN CARD  
WITH EACH PACKAGE WILL ENABLE  
THE RECIPIENT TO SEND YOU A  
"THANK YOU"



### Letter from GEN. McNAUGHTON PRAISES WORK OF LEAGUE

Headquarters, Canadian Corps,  
England.

The Overseas League (Canada)  
Tobacco Fund.  
Gentlemen:

On many occasions the various Formations and Units of the Canadian Corps have been the grateful recipients of shipments of cigarettes which your organization has sent over for distribution among the troops.

These gifts are very welcome and much appreciated, particularly as at present tobacco is in rather short supply in this country.

I should like, both personally and on behalf of the Troops of the Canadian Corps, to express joy and the kindness of those whose contributions make such gifts possible. Naturally our first concern is the welfare of our troops and such generosity and evidence that they are in the hands of those at home are very helpful indeed.

Yours sincerely,  
(Signed) A. G. L. McNAUGHTON,  
Lieut. General  
Commanding Can. Corps.

This Advertisement Is Published Through the Co-operation of the Firms Listed Below:

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# Under Heavy Fire Assault on Wilhelmshaven Described by U.S. Newsman in Cockpit of Flying Fort

War Correspondent Gladwin Hill of the Associated Press and other American reporters underwent a week of intensive training in Britain to qualify as observers with the bomber force, the heavy bombers in the heavy all-American daytime raid Friday on Wilhelmshaven, Germany, which was described by Gladwin Hill, U.S. Newsman, in his report from the cockpit of the Flying Fort.

AT A U.S. BOMBER STATION SOMEWHERE IN ENGLAND, Feb. 26, (AP)—(AP)—From the cockpit of a plane which led an American air armada in its third attack on Germany yesterday, I watched heavy bombers blast the docks at Wilhelmshaven, one of the Nazis' principal naval bases.

## Maximum Prices Set For Potatoes

OTTAWA, Feb. 27.—(CP)—The federal government has announced maximum prices which may be charged for potatoes in the provinces of Ontario, Quebec, Saskatchewan, Alberta and British Columbia, effective March 1.

Following are the Alberta prices: Province of Alberta and that part of the province of Saskatchewan lying north of the 50th parallel of latitude, the quality specified in the schedule of maximum prices, the average price of long-tube maximum quality grade potatoes (including storage allowances) for the year ending March 31, 1942, shall be \$2.25 per 100-lb. bag for Canada No. 1 grade, \$2.00 for Canada No. 2 grade, \$1.75 for Canada No. 3 grade, \$1.50 for Canada No. 4 grade, \$1.25 for Canada No. 5 grade, \$1.00 for Canada No. 6 grade, \$0.75 for Canada No. 7 grade, \$0.50 for Canada No. 8 grade, \$0.25 for Canada No. 9 grade, and \$0.10 for Canada No. 10 grade.

It is only when you hear the rattling of your machine gun that you see the tracer bullets looting out at the sweeping attacking planes. The tracer bullets—without actually going 2,700 feet a second—that you realize it's war.

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# Bills Prepared For Adjustment Of Farm Debts

Continued From Page One  
The conference, in drawing up the suggested bill, drew attention to the fact that the government's fluctuation of conditions and variability of farm income.

The farmers' creditors arrangement act had relieved a condition temporarily, but the government's fluctuation of conditions and variability of farm income.

The conference deemed it was necessary to provide a plan adapted to the nature and needs of the farming industry, whereby compromises or rearrangements could be made for farmers and enable them to make payments as they came due.

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# Canuck, R.A.F. Planes Batter Cologne City

Continued From Page One  
and thousands of incendiaries were unloaded on the city. German planes, too, were seen in the sky, but they were unable to do much damage.

The bomber force, which was led by a Canadian bomber, dropped a large number of incendiary bombs on the city, causing considerable damage.

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# Wins Promotion Allies Retake Tunisia Town Of Kasserine

Continued From Page One  
reported to have suffered heavy casualties. The British 8th army was reported to have captured the town of Kasserine.

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### Weather

Highest temperature 50°  
Lowest temperature 30°  
Precipitation 0.10 in.  
Wind S.W. 10 to 20 mph.  
Barometer 30.10 in.

### FAIR

City	High	Low
Edmonton	48	32
Calgary	45	30
Winnipeg	42	28
Saskatoon	40	26
Regina	38	24
Brandon	35	22
Weyburn	32	20
Swift Current	30	18
Yorkton	28	16
North Battleford	25	14
Estevan	22	12
Delisle	20	10
Assiniboia	18	8
Neepawa	15	5
Carleton Place	12	2
St. Catharines	10	0
Niagara Falls	8	-2
Hamilton	5	-5
London	3	-7
Windsor	1	-9
Detroit	-1	-11
Chicago	-3	-13
St. Louis	-5	-15
Memphis	-7	-17
New Orleans	-9	-19
San Antonio	-11	-21
Fort Worth	-13	-23
Dallas	-15	-25
Houston	-17	-27
Phoenix	-19	-29
San Diego	-21	-31
Los Angeles	-23	-33
San Francisco	-25	-35
Oakland	-27	-37
Portland	-29	-39
Seattle	-31	-41
Vancouver	-33	-43
Victoria	-35	-45
Montreal	-37	-47
Quebec	-39	-49
Ottawa	-41	-51
Kingston	-43	-53
London	-45	-55
Windsor	-47	-57
Detroit	-49	-59
Chicago	-51	-61
St. Louis	-53	-63
Memphis	-55	-65
New Orleans	-57	-67
San Antonio	-59	-69
Fort Worth	-61	-71
Dallas	-63	-73
Houston	-65	-75
Phoenix	-67	-77
San Diego	-69	-79
Los Angeles	-71	-81
San Francisco	-73	-83
Oakland	-75	-85
Portland	-77	-87
Seattle	-79	-89
Vancouver	-81	-91
Victoria	-83	-93
Montreal	-85	-95
Quebec	-87	-97
Ottawa	-89	-99
Kingston	-91	-101
London	-93	-103
Windsor	-95	-105
Detroit	-97	-107
Chicago	-99	-109
St. Louis	-101	-111
Memphis	-103	-113
New Orleans	-105	-115
San Antonio	-107	-117
Fort Worth	-109	-119
Dallas	-111	-121
Houston	-113	-123
Phoenix	-115	-125
San Diego	-117	-127
Los Angeles	-119	-129
San Francisco	-121	-131
Oakland	-123	-133
Portland	-125	-135
Seattle	-127	-137
Vancouver	-129	-139
Victoria	-131	-141
Montreal	-133	-143
Quebec	-135	-145
Ottawa	-137	-147
Kingston	-139	-149
London	-141	-151
Windsor	-143	-153
Detroit	-145	-155
Chicago	-147	-157
St. Louis	-149	-159
Memphis	-151	-161
New Orleans	-153	-163
San Antonio	-155	-165
Fort Worth	-157	-167
Dallas	-159	-169
Houston	-161	-171
Phoenix	-163	-173
San Diego	-165	-175
Los Angeles	-167	-177
San Francisco	-169	-179
Oakland	-171	-181
Portland	-173	-183
Seattle	-175	-185
Vancouver	-177	-187
Victoria	-179	-189
Montreal	-181	-191
Quebec	-183	-193
Ottawa	-185	-195
Kingston	-187	-197
London	-189	-199
Windsor	-191	-201
Detroit	-193	-203
Chicago	-195	-205
St. Louis	-197	-207
Memphis	-199	-209
New Orleans	-201	-211
San Antonio	-203	-213
Fort Worth	-205	-215
Dallas	-207	-217
Houston	-209	-219
Phoenix	-211	-221
San Diego	-213	-223
Los Angeles	-215	-225
San Francisco	-217	-227
Oakland	-219	-229
Portland	-221	-231
Seattle	-223	-233
Vancouver	-225	-235
Victoria	-227	-237
Montreal	-229	-239
Quebec	-231	-241
Ottawa	-233	-243
Kingston	-235	-245
London	-237	-247
Windsor	-239	-249
Detroit	-241	-251
Chicago	-243	-253
St. Louis	-245	-255
Memphis	-247	-257
New Orleans	-249	-259
San Antonio	-251	-261
Fort Worth	-253	-263
Dallas	-255	-265
Houston	-257	-267
Phoenix	-259	-269
San Diego	-261	-271
Los Angeles	-263	-273
San Francisco	-265	-275
Oakland	-267	-277
Portland	-269	-279
Seattle	-271	-281
Vancouver	-273	-283
Victoria	-275	-285
Montreal	-277	-287
Quebec	-279	-289
Ottawa	-281	-291
Kingston	-283	-293
London	-285	-295
Windsor	-287	-297
Detroit	-289	-299
Chicago	-291	-301
St. Louis	-293	-303
Memphis	-295	-305
New Orleans	-297	-307
San Antonio	-299	-309
Fort Worth	-301	-311
Dallas	-303	-313
Houston	-305	-315
Phoenix	-307	-317
San Diego	-309	-319
Los Angeles	-311	-321
San Francisco	-313	-323
Oakland	-315	-325
Portland	-317	-327
Seattle	-319	-329
Vancouver	-321	-331
Victoria	-323	-333
Montreal	-325	-335
Quebec	-327	-337
Ottawa	-329	-339
Kingston	-331	-341
London	-333	-343
Windsor	-335	-345
Detroit	-337	-347
Chicago	-339	-349
St. Louis	-341	-351
Memphis	-343	-353
New Orleans	-345	-355
San Antonio	-347	-357
Fort Worth	-349	-359
Dallas	-351	-361
Houston	-353	-363
Phoenix	-355	-365
San Diego	-357	-367
Los Angeles	-359	-369
San Francisco	-361	-371
Oakland	-363	-373
Portland	-365	-375
Seattle	-367	-377
Vancouver	-369	-379
Victoria	-371	-381
Montreal	-373	-383
Quebec	-375	-385
Ottawa	-377	-387
Kingston	-379	-389
London	-381	-391
Windsor	-383	-393
Detroit	-385	-395
Chicago	-387	-397
St. Louis	-389	-399
Memphis	-391	-401
New Orleans	-393	-403
San Antonio	-395	-405
Fort Worth	-397	-407
Dallas	-399	-409
Houston	-401	-411
Phoenix	-403	-413
San Diego	-405	-415
Los Angeles	-407	-417
San Francisco	-409	-419
Oakland	-411	-421
Portland	-413	-423
Seattle	-415	-425
Vancouver	-417	-427
Victoria	-419	-429
Montreal	-421	-431
Quebec	-423	-433
Ottawa	-425	-435
Kingston	-427	-437
London	-429	-439
Windsor	-431	-441
Detroit	-433	-443
Chicago	-435	-445
St. Louis	-437	-447
Memphis	-439	-449
New Orleans	-441	-451
San Antonio	-443	-453
Fort Worth	-445	-455
Dallas	-447	-457
Houston	-449	-459
Phoenix	-451	-461
San Diego	-453	-463
Los Angeles	-455	-465
San Francisco	-457	-467
Oakland	-459	-469
Portland	-461	-471
Seattle	-463	-473
Vancouver	-465	-475
Victoria	-467	-477
Montreal	-469	-479
Quebec	-471	-481
Ottawa	-473	-483
Kingston	-475	-485
London	-477	-487
Windsor	-479	-489
Detroit	-481	-491
Chicago	-483	-493
St. Louis	-485	-495
Memphis	-487	-497
New Orleans	-489	-499
San Antonio	-491	-501
Fort Worth	-493	-503
Dallas	-495	-505
Houston	-497	









Minister, Rev. Peter Fisher  
11:00 a.m.—Morning Worship  
Music by the Junior Choir  
12:15—Sunday School

**Westmount**  
Student Minister, Mr. Andrew MacKenzie, B.A.  
11:00 a.m.—"The Keys of the Kingdom"  
12:15—Sunday School

**Rupert Street**  
62th Avenue and 105A Street  
Minister, Rev. William Simons  
11:00 a.m.—Divine Worship

Miss Mabel Booth, Deaconess, Phone 22631 or 22573









Believe It Or Not— —By Robt Ripley



Joe Trudeau Wins Bout

Seven Knockouts Scored In Overseas Army Tourney

LONDON, Feb. 27.—(CP Cable)—Seven knockouts were scored Friday night in 14 bouts as the quarter finals of the Canadian Army boxing championships were concluded at the Queensberry Club service club.

The knockouts started in the opening bout when Remy Tom Setes, a full blooded Indian of the Regina Rifles and a peace-time resident of Prince Albert, Sask., flattened Pte. Roger Lathier, Canadian Forestry Corps, of Montreal, in the third round and moved into the semifinal bracket of the welterweight division.

Another winner was Pte. A. Gurney of Halifax, a member of the West Nova Scotia Regiment, knocked out Pte. E. E. Southern, Alberta Regiment, of Edmonton in the second round, while Cpl. Buck Malley of Peace River, Alta., a member of the Royal Canadian Air Service Corps, accounted for Pte. C. C. Maden, C.F.C., of Truro, N.S., in the opening round of a middle weight fight.

TRUDEAU FLATTENS OPPONENT

In the lightweight division the Jersey Javelin, R.C.A.C., of Kingston, Ontario, knocked out Pte. S. Leader, South Saskatchewan Regiment, of Regina, in the third round and Sgt. Joe Trudeau of the Royal 22nd and Edmonton, boxed Pte. J. McCaffrey, C.F.C., of Oshawa, in the canvas in the opening round. A similar victory was scored by Sgt. Lloyd Kellistone, a reinforcement unit man in London, Ont., over Cpl. Billy Knowles of the Canadian Scottish of Victoria, B.C.

The only knockout in the heavy-weight section came when Sgt. F. Goss of Vancouver, slugged Pte. H. Knapp, R.C.A.C., of Wainwright, with a vicious uppercut in the first minute.

HEAVIES BATTLE

All bouts were scheduled for three rounds, and of those that went the distance the best was a fight between Pte. F. M. M. Neveling, S.R.E., of Regina, and Pte. F. Kellistone, S.R.E., of Regina, a fight which was won by the latter.



"Boys! We're going to see 'em now!"

Today's Sport Parade By Jack Cuddy

Exclusive to The Edmonton Bulletin Copyright, 1943, by Jack Cuddy

NEW YORK, Feb. 27.—(HUP)—Pte. Johnny Greco of the Canadian army, a new and menacing contender, occupied a prominent seat today in the lightweight throne room by virtue of his surprising victory over "Iron Man" Cleo Shana.

The dark-haired Montreal Italian proved the "hard way" that he is a dangerous contender. Beau Jack's 135-pound crown. Fighting the full 15-round distance for the first time in his career, 18-year-old Greco won the unanimous decision by an impressive margin last night over Shana, a tough, experienced negro from Los Angeles.

The experts said it was practically impossible for Greco to beat Shana if he went ten rounds and he was expected to knock out Shana in an early round to win. But the young Canadian soldier smashed the facts for the 13,134 fans in Madison Square Garden with his stunning finish.

PLENTY OF ACTION  
JOUTING Johnny had Shana on the verge of collapse in the 10th round, and battered him mercilessly until he was unable to fight. Greco's victory was a surprise, as he was a newcomer to the ring, ending at full steam one of the greatest lightweight heavyweights in the world in many months. Shana, 25 years old and a veteran of more than 100 fights, absorbed more punishment than in any previous engagement.

But the negro "iron man" shook off blows that would have felled a horse and fought back from going to ground in the 11th round. The first round was one of their best, in many ways.

Greco, a quiet man, fought better because his previous two Garden victories were first round knockouts, proved last night that he has stamina, gameness and unusual strength in addition to his stunning punch in either fist.

Promoter Mike Jacobs said after work, "I'll bet Greco will beat Jack for the title as soon as possible. If we have to wait until May, we'll take on other opponents who will fight when we can get a full house from the Canadian army."

READY FOR BEAU JACK  
COCO's manager, Murray El Gass, said they would accept a fight immediately with Beau Jack if we have to wait until May, we'll take on other opponents who will fight when we can get a full house from the Canadian army."

The British United Press scored six rounds for Greco, three for Shana and one for each. Greco's victory was a surprise, as he was a newcomer to the ring, ending at full steam one of the greatest lightweight heavyweights in the world in many months. Shana, 25 years old and a veteran of more than 100 fights, absorbed more punishment than in any previous engagement.

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Intermediates to Start Series at Vernon Tonight

VERNON, B.C., Feb. 27.—(CP)—Coach Ode Loele led his Notre Dame Hawks from Vernon, Sask., into Friday for the second Canada intermediate bout of three hockey finals opening here tonight against Vernon Miners All Stars.

The Hawks, a lot of them juniors, practiced for an hour and a half before the game and the players were impressed with their speed and offensive play in hockey.

Coach Loele saw the All Stars' work and said the soldiers have a team on a par with the best in the Saskatchewan senior league. However, the former coach of the Fin Flashes was most enthusiastic about the trip provided for the young Hawks.

"This is the greatest break the kids have had in a long time," he said.

For years since Canadian Indians have represented Saskatchewan in the intermediate play-offs.

No Intermediate Game Last Night  
Last night's intermediate play-off game between Red Deer Army and No. 3 "B" Oshawa had to be postponed due to the condition of the ice.

Tomorrow's game at Red Deer will go ahead as scheduled and the second in the series will be played at Red Deer on Monday.

HOLLYWOOD, Feb. 27.—(AP)—The Hollywood Bowl orchestra announced Friday that Oscar Villson won't be at the Pacific Coast League on a tour with his band when it takes the field in the spring, and that his place will be taken by the Hollywood Bowl orchestra.

Charles, veteran pitcher.

Ladies' Curling  
OTTAWA, Feb. 27.—(CP)—Two ladies' clubs from Montreal-Ottawa Curling Club Friday scored off the Lady Fourteen team when they defeated a pair of rinks from Ottawa's Ladies Curling Club 23-15 in the grand final of the ladies' championship at the Rideau club yesterday.

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Basketball Final Set for Tonight

Third and final game of the men's city basketball championship series between U.S. Army Engineers and No. 3 "B" Depot

It is being played at Westgate gym starting at 8 o'clock tonight. The R.C.A.F. players won the first two games by a score of 43-31, but the Engineers came back on Thursday night at the Arena to decide the series by taking the second 38-36.

FAMOUS PLAYERS THEATRES

Held Over!

To Accommodate the Thousands who have not yet been able to see it and those who wish to see it again, this Wonder Show will be continued for

3 EXTRA DAYS

Wednesday Positively Last Day

Regular 12 noon to 7 pm 25c Plus Tax

At Least 3 Times the Pleasure of any Film in Town

YESSIRE! SEATS NOW!

James Cagney DOODIE DANDY

PLUS WORLD NEWS - CARTOON IN COLOR Features Start at 12:15, 2:30, 4:45, 6:55, 9:15

NOW THRU WEDNESDAY

CAPITOL

EMPIRE TODAY

RADIOS FUNNY MAN TURNS HIS FAMOUS LAUGH INTO A ROAD ON THE SCREEN!

HAROLD PEARY JANE DARVELL

'Little Tokyo, U.S.A.'

STARRING RUSSELL ROSS

"MY SISTER EILEEN"

EXTRA! 10c Extra! See Extra in "Prairie Gunsmoke"

THIS PROGRAM WILL ALSO BE SHOWN SUNDAY MIDDAY

GARNEAU SARTS MONDAY!

BEET GRABER JOHN PAVES

SPRINGTIME IN THE ROCKIES

"SEVEN DAYS LEAVE"

DREAMLAND

'Trail of the Lonesome Pine'

HENRY FONDA AND OTHER FAMOUS STARS

PRINCESS







JANUARY 1953						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 1953						
S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MARCH 1953						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## School Teachers' Minimum Salaries May Be Increased

### Legislature Hears Hint Present Level Is Likely To Be Boosted to \$900

Premier Albert Hart hinted today that legislation might be introduced at this session of the house to increase minimum salaries of Alberta teachers to the \$850 to \$900 per year.

The premier, who is minister of education, was speaking in the debate on the Speech from the Throne at the day's sitting of the Legislature, when he said the increase might be put before the members for consideration.

### Attends Parley



M. C. McConnel, P.C.A., president of the Dominion Association of Chartered Accountants, who left Friday night for Toronto where he will attend a meeting of the executive of the association next Thursday and Friday.

### The Inquiring Reporter

THE QUESTION

Q. How much money is being spent on the new school building at St. James'?

THE ANSWERS

A. J. D. JAMES, accountant, said the cost of the building is \$100,000.

MICHAEL THOMAS, vice president of the St. James' school board, said the cost of the building is \$100,000.

FRED HARRIS, accountant, said the cost of the building is \$100,000.

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### Scene of Fatal Eldorado Blaze



Above are scenes at the Eldorado Gold Mine at Port Arthur, Great Bear Lake, where one man is said to have died in a fire that swept the mine buildings on Thursday. Several others suffered injuries. C.P. Air Lines planes with clothing and emergency supplies, were flown to the mine. The main bunkhouse is at the extreme left of the above picture. A storage shed is in the center. A C.P. Air Lines plane is at the right.

### Around The Town

LI-CEI P. V. Harcourt, D.C.M., the Edmonton Stamp Club member at the T.O.P.F. hall at 400 Main.

Practices of the Edmonton Free School of Music, 1000 Main, 1000 Main, 1000 Main.

Bank clearings through 1000 Main, 1000 Main, 1000 Main.

Managers and health committee of the Edmonton Stamp Club, 1000 Main, 1000 Main, 1000 Main.

John Macdonald, 1000 Main, 1000 Main, 1000 Main.

Delegates of the Alberta Teachers' Association to the conference, 1000 Main, 1000 Main, 1000 Main.

Farmers and their wives, 1000 Main, 1000 Main, 1000 Main.

The annual dinner and dance, 1000 Main, 1000 Main, 1000 Main.

The appointment of the Edmonton Stamp Club, 1000 Main, 1000 Main, 1000 Main.

Three N.G.O.s of 422 B.C.A.S., 1000 Main, 1000 Main, 1000 Main.

When farm supplies, 1000 Main, 1000 Main, 1000 Main.

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### Believe Malmi Name of Worker Killed in Fire

Name of the man who is believed to have been killed in the fire which destroyed the main bunkhouse at the Eldorado Gold Mine at Port Arthur, Great Bear Lake, is believed to have been Malmi. Malmi officials here, however, say they have no record of such a man.

### LOSE CLOTHING

It is reported that about 100 pieces of clothing were lost in the fire which destroyed the main bunkhouse at the Eldorado Gold Mine at Port Arthur, Great Bear Lake.

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### I Saw Today



### AC2 Eugene Bergstrom, Stationed at "M" Depot Served on Merchantman

Miss Ann E. Bergstrom, P.C.A., of the City of Victoria, British Columbia, is the wife of Eugene Bergstrom, P.C.A., of the City of Victoria, British Columbia.

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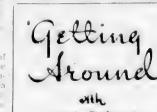
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### 'Getting Around' with Jack DeLong

No. 2 Air Observers' School of Edmonton was receiving congratulations from airman in all parts of the west Friday, following successful conclusion of a long search for a missing plane.

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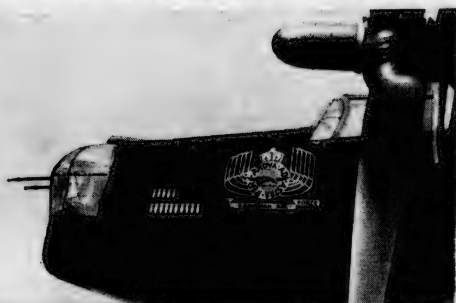


# R.C.A.F. Bomber Teams Maintain Destruction Schedule For Axis Targets Canadian Crews Throw Their Own Monkey Wrench Into Enemy War Machine



Crew of a Royal Canadian Air Force bomber squadron recently equipped with giant four-engine Halifax aircraft, start off for a winter bombing blow at a nerve-centre of Nazi industry.

A recent snowfall lent homelike atmosphere to the station, one of those which comprise the new R.C.A.F. bomber group formed on January 1 under the command of Air Vice-Marshal G. E. Brookes.



R.C.A.F. "Wings Ahead" is title adopted by Canadian crew for the Wellington bomber shown at top, a veteran of at least 13 raids over enemy territory. Soapbox crest shown below belongs to a Halifax with 25 raids to its credit.



Portrait of a young Canadian bomber crew member, recently equipped with four-engine Halifax aircraft, start off for a winter bombing blow at a nerve-centre of Nazi industry.



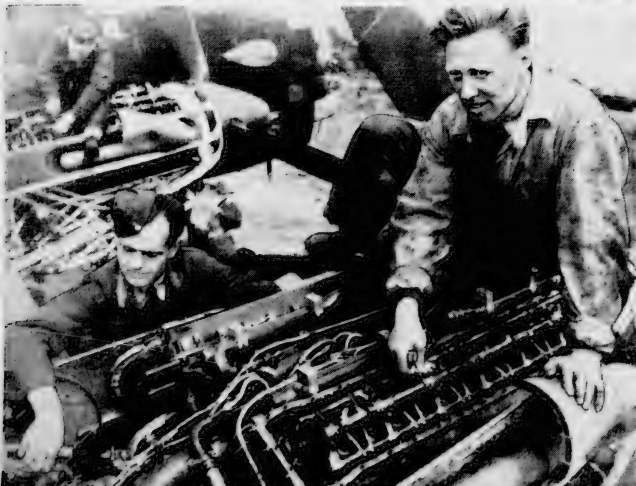
This Australian sergeant, a product of the R.C.A.F., crew with Canadian air force, start off for a winter bombing blow at a nerve-centre of Nazi industry.



First pilot of the French Canadian bomber squadron to be awarded the D.F.C. Pilot Officer "Ter" Boucotte of Guelph, Ont., in the cockpit of his Wellington.



With all the equipment he must carry, tail gunner Sgt. Les Horn, Viridian, Man., imitates conventionalist as he crawls into the rear turret of big Halifax.



Key men on the bombing "teams" are the members of the ground crew whose pride in the success of the mission is no less than that of the aircrew.



Aero-engine mechanics of an R.C.A.F. Halifax squadron tuning up a Merlin engine are LAC "Gord" Reid, LAC Regina and AC1 "Arch" McDonald, McDonald, Man.



In the watch room of a station in Britain, crew of an R.C.A.F. bomber check the course to the target somewhere in Germany. Canadian crews like these

take part in every big raid on enemy territory, give the Hun convincing proof that this Dominion is, in truth, a giant "acrobatic" of democracy.

# TODAY'S Range in Grain Prices MARKETS

### Toronto Stocks

Stock	Price	Change
Alcan.	13.10	0.00
Bank of Montreal	13.10	0.00
Bank of Toronto	13.10	0.00
Canadian National	13.10	0.00
Imperial Oil	13.10	0.00
Ontario Power	13.10	0.00
Union Carbide	13.10	0.00
Windsor	13.10	0.00

### WINNIPEG GRAIN MARKETS

By James Richardson & Sons

Grain	Unit	Price	Change
WHEAT	100 lbs	1.15	0.00
OATS	100 lbs	0.85	0.00
BARLEY	100 lbs	0.75	0.00
RYE	100 lbs	1.05	0.00
CLAY	100 lbs	0.65	0.00

### CHICAGO GRAIN MARKETS

By James Richardson & Sons

Grain	Unit	Price	Change
WHEAT	100 lbs	1.15	0.00
OATS	100 lbs	0.85	0.00
BARLEY	100 lbs	0.75	0.00
RYE	100 lbs	1.05	0.00
CLAY	100 lbs	0.65	0.00

### MARKET MOVEMENTS

FEBRUARY 27, 1943

At New York: Solid prices. At Montreal: Strong tone. Wheat: Unchanged, closing at 91 1/2 (May). At Chicago: 140 1/2-141 (May).

Stock	Price	Change
Alcan.	13.10	0.00
Bank of Montreal	13.10	0.00
Bank of Toronto	13.10	0.00
Canadian National	13.10	0.00
Imperial Oil	13.10	0.00
Ontario Power	13.10	0.00
Union Carbide	13.10	0.00
Windsor	13.10	0.00

### New York Stocks

NEW YORK, Feb. 27.—(AP)—The stock market today opened out of the blue and finished with a gain. The market was buoyant and showed a general upward trend. The Dow Jones Industrial Average closed at 131.10, up 0.10 from the previous day.

Stock	Price	Change
Alcan.	13.10	0.00
Bank of Montreal	13.10	0.00
Bank of Toronto	13.10	0.00
Canadian National	13.10	0.00
Imperial Oil	13.10	0.00
Ontario Power	13.10	0.00
Union Carbide	13.10	0.00
Windsor	13.10	0.00

### Alberta Oils

By James Richardson & Sons

Oil	Price	Change
Alcan.	13.10	0.00
Bank of Montreal	13.10	0.00
Bank of Toronto	13.10	0.00
Canadian National	13.10	0.00
Imperial Oil	13.10	0.00
Ontario Power	13.10	0.00
Union Carbide	13.10	0.00
Windsor	13.10	0.00

### Local Produce

By James Richardson & Sons

Produce	Price	Change
Alcan.	13.10	0.00
Bank of Montreal	13.10	0.00
Bank of Toronto	13.10	0.00
Canadian National	13.10	0.00
Imperial Oil	13.10	0.00
Ontario Power	13.10	0.00
Union Carbide	13.10	0.00
Windsor	13.10	0.00

### EDMONTON LOG MARKET

By James Richardson & Sons

Log	Price	Change
Alcan.	13.10	0.00
Bank of Montreal	13.10	0.00
Bank of Toronto	13.10	0.00
Canadian National	13.10	0.00
Imperial Oil	13.10	0.00
Ontario Power	13.10	0.00
Union Carbide	13.10	0.00
Windsor	13.10	0.00

### Grain Inspections

At Edmonton, Feb. 26

Grain	Inspected	Result
WHEAT	100 lbs	1.15
OATS	100 lbs	0.85
BARLEY	100 lbs	0.75
RYE	100 lbs	1.05
CLAY	100 lbs	0.65

### EDMONTON CLOSING AVERAGES

By James Richardson & Sons

Stock	Price	Change
Alcan.	13.10	0.00
Bank of Montreal	13.10	0.00
Bank of Toronto	13.10	0.00
Canadian National	13.10	0.00
Imperial Oil	13.10	0.00
Ontario Power	13.10	0.00
Union Carbide	13.10	0.00
Windsor	13.10	0.00

### METEOROLOGISTS

WHAT IS AN OCEANIC? IT'S A MILLION YARDS OF RAIN AND SNOW FALL ON THE EARTH EVERY SECOND.

### BUENOS AIRES

LAURENCE CITY SOUTH OF THE EQUATOR, TOGETHER WITH THE SUBURBS, HAS ABOUT FOUR MILLION PEOPLE, OR NEARLY ONE-FOURTH OF THE ARGENTINE POPULATION.

# THE GREMLINS



## Local Airman Was Torpedoed While at Sea

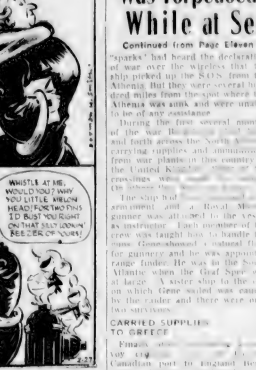
Continued from Page Eleven

"Spark" had heard the deflection of war over the water. The ship picked up the S.O.S. from the distress but they were unable to locate the ship from the spot where the "Albatross" was last seen.

During the first several months of the war, the "Albatross" was in the North Atlantic, and was one of the first ships to be sunk by a German U-boat.

The "Albatross" was a ship of the Royal Canadian Mounted Police, and was one of the first ships to be sunk by a German U-boat.

# Getting Around



## Higher Wages Draw Workers To Northland

Continued from Page Eleven

One of the main reasons for the shift in the labor market is the higher wages offered in the Northland. The workers are attracted to the higher wages and the better living conditions in the Northland.

The shift in the labor market is a result of the higher wages offered in the Northland. The workers are attracted to the higher wages and the better living conditions in the Northland.

# Getting Around



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Continued from Page Eleven

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## U.S. Bomb Hits Japan Cargo Ship

By DON CASWELL

Exclusive to the Edmonton Bulletin

Copyright 1943 by United Press

ALLIED U.S. BOMBARDEMENT

AUSTRALIA, Feb. 27.—(AP)—Fortresses struck heavily before dawn Friday at a Japanese cargo ship off the coast of New Guinea, scoring a direct hit and two damaging near misses, on a 3,000-ton Japanese cargo ship and blasting the nearby airfield, a communiqué announced today.

Damaging transmissions also were reported on three small Japanese ships bound for a single fortress off the north coast of New Britain Friday morning. Still other Fortresses and Liberators dumped 10 tons of bombs on the runway and dispersal bays at Gasmata, an airfield on the south coast of New Britain.

## Mrs. O. Semenchuk Is Dead in City

Well known in the Smoky Lake area, where she was born and brought up, Mrs. Olga Semenchuk, of Smoky Lake, died suddenly in an Edmonton hospital on Friday. She was 22 years old at the time of her death.

Mrs. Semenchuk attended public and high schools there, and later spent a few months in Edmonton where she took a course in hairdressing. After leaving Smoky Lake she married Mr. Semenchuk, who is at present teaching at the Smoky Lake school.

To survive her, Mrs. Semenchuk leaves besides her husband, a mother Mrs. K. Kostynuk of Edmonton.

Two brothers, Robert and Spencer Kostynuk, both of Edmonton, are also in the family.

Funeral services will be held on Sunday at 2 p.m. at St. John's church with the Rev. P. Melnychuk officiating. Burial will be made in the Holy Trinity cemetery.

## Engineer Killed In Road Crash

Exclusive to the Edmonton Bulletin

LLOYDSBURGH, Feb. 27.—(AP)—Hermann, 40, an employee of the C.P.R. here, was instantly killed in the road yards last night when the engine he was driving into the round house was sidetracked by the rear coach at a train that was being backed up, both meeting at the switch. The cab of the engine was saved and the coach was badly damaged. Hermann, his wife and two children have been residents of Lloydminster since last fall.

## Chamber Protests Workers Moving

Mr. Hamilton Mitchell was arrested in a courtroom in the Chamber of Commerce, in a protest against the movement of workers. The protest was held in the Chamber of Commerce, in a protest against the movement of workers.

The protest was held in the Chamber of Commerce, in a protest against the movement of workers. The protest was held in the Chamber of Commerce, in a protest against the movement of workers.

## Firm Undertone On Chicago Mart

CHICAGO, Feb. 27.—(AP)—A material increase in trading prices was reported today on the Chicago market. The market was buoyant and showed a general upward trend. The Dow Jones Industrial Average closed at 131.10, up 0.10 from the previous day.

## Cheque "Bounces" To Police Station

A cheque in payment of a house-keeping bill, issued Feb. 17 and signed by Victor P. Hogan, rents at the Victoria Hotel, is one of several in his hands, and was another of those which "bounced" when it was cashed at the bank.

Hogan rented a housekeeping room at the Victoria Hotel, 2500, 10th Avenue, and paid his rent by cheque. He had cashed the cheque at the bank, but it was returned to him as "bounced."

## Dominion Bonds

By James Richardson & Sons

Bond	Price	Change
Alcan.	13.10	0.00
Bank of Montreal	13.10	0.00
Bank of Toronto	13.10	0.00
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Imperial Oil	13.10	0.00
Ontario Power	13.10	0.00
Union Carbide	13.10	0.00
Windsor	13.10	0.00

## Dance Hall Set Afire by Thief

WINNIPEG, Feb. 27.—(AP)—A two-story fire which caused damage to the dance hall, set on fire by a thief, was extinguished by firefighters. The fire started in the dance hall, set on fire by a thief, was extinguished by firefighters.

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## Bracken Urges Adjustments in Farmers' Income

Mr. Bracken, Minister of Agriculture, urged adjustments in the income of farmers. He said that the government was considering various measures to help farmers during the difficult times.

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## Boats Filler

The boats filler was a man who was responsible for filling the boats. He was a man who was responsible for filling the boats. He was a man who was responsible for filling the boats.

The boats filler was a man who was responsible for filling the boats. He was a man who was responsible for filling the boats. He was a man who was responsible for filling the boats.

## Panama Highway Open in April

The Panama Highway, which has been under construction for some time, is expected to be open in April. The highway will provide a direct route between Panama and the United States.

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## Insurance Fire—Auto—Casualty

In leading, dependable companies. Consult us and make sure you are adequately protected.

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FIRE, MARINE, TRANSPORTATION, AVIATION, CASUALTY INSURANCE

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# BE GLAD You're On the Giving Side and Not Receiving It

## Two More Bills Are Introduced In Legislature

Two bills were introduced in the legislature Friday, both by Hon. Solon Low, provincial treasurer. This brings to eight the total for the first week of the new session.

One of Friday's bills is to amend the Government Liquor Control Act, and the other, to amend the Old Age Pensions (Supplemental) Bill.

### AMEND LIQUOR ACT

The amending bill to the Liquor Act will define as a public place a vehicle which may be standing in front of a public place. This definition of the act will assist in enforcement of the Act.

The bill to amend the pensions act will calculate an agreement between the governments of Alberta and British Columbia, made earlier this year. The agreement provides for a monthly old age pension of one dollar, who are now receiving in the other. The two governments will each make payments and adjust between themselves the amounts paid.

### Ask Churches To Pray for Coming Appeal

National campaign for funds by the Canadian Red Cross Society will open in churches throughout the Dominion on Sunday, Mr. Justice P. H. Gordon, chairman of the society's executive council has stated. All churches, he said, are being asked to offer special prayers for the success of the appeal.

"This," said Mr. Justice Gordon, "will usher in an intensive campaign in which every Canadian will be given an opportunity to show his interest in those who are risking all to maintain our way of life. We depend on them to see that the lights of the world do not go out."

### Queen's Fund

MONTREAL, Feb. 27.—(C.P.)—The national total of the Queen's Canadian fund for aid victims was announced last night as \$1,000,000.

### Military Orders

SIR JOHN EDMONDSON, K.C., M.P., PARADES

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Store Opens at 9:00 a.m., Closes at 5:30 p.m. Daily, Except Wednesday, 9:00 a.m. to 1:00 p.m.—To Call EATON'S, Dial 9-1-2

## At EATON'S MONDAY Most Important "Buy" of the Season

### Your Spring Coat!

More people are going to see you in your Spring coat than in anything else. That's a fact.

It's a very good reason why this coat should be ultra-smart, ultra-beautiful, a credit and a compliment to you! At EATON'S we've assembled quite a collection of Spring beauties. The accents on quality and value, of course, but we've stressed smart at-line outfits as much. The newest, serviceable tweeds come in grand colors, are tailored in a "fit". The polo coats and new "Sport" coats in polo, cloth or wool-and-camelohair are expertly cut, come in grand Spring hues. There are dressmaker coats, too, in black and new creases and boules—blue tweeds with fur collars that raise them to the height of luxury and flattery!

We're not boasting when we say you'll find our coat collection unusually large, unusually satisfying!

Stance 12 to 44 in the group—styles and sizes for all figures! EACH.

**\$15.95 to \$69.50**

If desired, Budget Plan Terms in accordance with National Prices and Trade Regulations may be arranged.

—Womens'—

Second Floor

### For Spring You Want

## A Pretty Hat!

To boost your spirit, add sparkle in your wardrobe, make your hat a beautiful hat a little faster, you want a PRETTY hat!

We have it for you! A line of hats crowned with flowers, a grand ruffled effect in striking pastel combination. A hat that will sparkle, sparkle, sparkle! A hat that will sparkle, sparkle, sparkle! A hat that will sparkle, sparkle, sparkle!

All these in our collection of smart, smart, smart! In fine or rough weaves, in black, navy, heavenly pastels, spicy bright colors. EACH.

**\$5.00 to \$7.95**

—Millinery, Second Floor

## Permanent Wave Specials For Monday, Tuesday, Wednesday

Make your appointment for one of these three days and save in that permanent Spring permanent! Includes haircut, shampoo and fragrance, if desired.

### VICTORY PERMANENT

WAVE

**\$3.95**

DUMET PERMANENT

WAVE

**\$4.95**

EMPEROR PERMANENT

WAVE

**\$5.95**

Really Save, Second Floor

## Women's White Scarves Smart With Your Spring Coat!

Nothing fresher, nothing more flattering, than a flash of white at the neckline of your dark coat! Grand choice at this low EATON price—blending white rayon knit, or fancy rayon sheer with a woven satin stripe.

also in fancy white. EACH. Neckwear, Main Floor

## Men! Here Are Ties!

Ties That Are Thrifty, Ties That Are Smart!

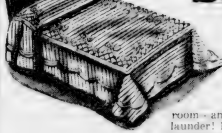
A low price to pay for ties to brighten your wardrobe! Full cut from firm, lustrous rayons and fully lined to resist creasing—fancy, grand value. With variety of handsome stripes, dots, fancy designs, in blue, blue, green, tan and maroon shades.

**39c**

EACH

Men's Wear, Main Floor

## STAPLES -:- SAVINGS!



### Chenille Type Spreads

Eye-catching designs in thick, fluffy cotton chenille—worked in delicate pastel shades on a white cotton background. So attractive for your bedroom—and so very easy to launder! Double bed size, about 80x90 inches.

**\$8.95**

### "Red Seal" Sheets

Famous line of sheets from the Watrous mill—smooth, heavy cotton bleached to snowy whiteness. Top border is smartly hemstitched. Finished size about 80x90 inches—for double beds.

**\$4.50**

PAIR

YARD

Printed Sheers

Lovely for both Spring and Summer! Fluffy rayon sheers printed in dainty floral and dotted designs on backgrounds of rose, aqua, mauve, navy, black, coral blue and pink. About 40 inches wide.

**63c**

YARD

Wool Comforters

Attractive comforters—plump and light and warm with a filling of wool. Covered with smartly patterned cotton prints with harmonizing rayon satin panel. Size about 60x70 inches. EACH.

**\$3.95**

### "Feather Flannel"

Spun rayon that's grand for tailored and sporty wear—it looks and feels like flannel! Lovely plain shades of rose, brown, black, grey, coral, blue, fuchsia, green and teal.

About 36 inches wide.

**69c**

YARD

Cotton Comforters

Covered with bright, cheery cotton prints to harmonize with your bedroom—filled with light, soft cotton to keep you warm. Size about 60x70 inches. EACH.

**\$2.59**

YARD

Staples and

Edison

Main Floor

# CANADIAN RED CROSS

## The Need Is World-Wide

### WORK IN CANADA

In Canada alone the following work was maintained:

EATON'S JOINS IN SUPPORTING THE RED CROSS CAMPAIGN AND WOULD BE A GENEROUS RESPONSE ON THE PART OF CITIZENS. GIVE YOUR LOCAL CANVASSERS A CORDIAL WELCOME AND A SUBSCRIPTION WORTHY OF THE CAUSE.

**T. EATON CO LIMITED**

Shop  
Monday

**T. EATON CO LIMITED**

## Little Orphan Annie

THE REAL MALCOLM MITT AND TEN OTHERS CHAINED IN THE TORTURE CHAMBER--- WHEN ANNIE WAS ABOUT TO GO TO THEIR AID MR. MITT WARNED HER JUST IN TIME--- WHAT IS THE GRISLY MYSTERY BEHIND ALL THIS?

GUARDS DOWN THERE--AT LEAST TWENTY OF 'EM---AND SALT'S IS REALLY TH BIG BOSS HERE--ONLY PLAYIN BUTLER, TO FOOL FOLKS-- BUT WHERE DID THEY COME FROM? WHATS IT ALL ABOUT? I DON'T GET IT--YET! BUT I WILL!

CMON-- ITS AFTER MIDNIGHT-- WERE SPOSED TO BE ASLEEP--- NO USE TWIN TO HELP POOR MR. MITT AND TH REST, NOW-- THEYRE WATCHED EVERY SECOND-- AND CALLIN TH COPS WOULD ONLY MESS UP EVER THING--

THAT GANG HAS SOME SECRET WAY IN AND OUT--- THEYD JUST KILL MR. MITT. TH REAL ONE, AND HIS SERVANTS, AND THEN VANISH--- NOPE--- THIS IS OUR JOB--- HM-M--

AH-- HERE WE ARE-- TH WAY INTO THAT PASSAGE--- WERE WAY DEEP UNDER TH CASTLE NOW-- NOT OVER FIFTY FEET THAT WAY TO TH TORTURE CHAMBER---

ITS A TUNNEL--- HM-M-- DROPPIN DOWN--- COURSE, TH CASTLE IS WAY UP ON A HILL--- SO WERE STILL HIGHERN TH TOWN-- MORE STEPS DOWN-- BUT NOT MUCH HIGHERN TH TOWN NOW--- CANT BE---

EASY-- UP AHEAD-- A HEAVY DOOR-- BUT ITS OPEN, AN THERES STAIRS GOIN UP--- SEE? THATS TH END O THIS SUBWAY LINE, I BETCHA--

WELL, HERE WE ARE-- LITTLE BIT OF A ROOM-- CUT IN TH ROCK-- SNIFF-- SNIFF! FRESH AIR THE OTHER SIDE O THAT HEAVY SLAB O ROCK--- SEE? ITS MADE TO SWING IN---

I SEE HOW IT WORKS-- PUT OUT TH FLASH-- WAIT A LITTLE TILL OUR EYES GET USED TO TH DARK-- NO TELLIN WHERE WERE GOIN TO POP OUT LIKE A COUPLE O GOPHERS---

WELL, HERE WE GO-- UGH! AH! ITS SWINGING BACK-- ITS MOONLIGHT OUTSIDE-- WELL BE ABLE TO SEE, O K---

WHADDYUH KNOW-- WEVE COME RIGHT OUT OF A ROCK LEDGE BACK O SOME THICK BUSHES-- BUT WHERE TH SAM HILL ARE WE? THERES A HOUSE--

WHY LOOK, SANDY! ITS MILDREDS HOUSE! WERE ALMOST IN HER BACK YARD-- AN SHES COLONEL O TH JUNIOR COMMANDOS HERE-- OH, BOY! NOW WERE GOIN TO BEGIN TO GET SOMEWHERE!

**Maw Green**

WHY, JOHNNIE! Y SHOULD YE BE FEELIN SO LOI THIS FOINE MORNIN?

AW, I LOST ALL ME MARBLES TO THAT FINNEGAN KID--

TCH! TCH! THAT PROVES YE ALWAYS GIT PUNISHED, WHIN YE PLAY MARBLES ON SUNDAY---

YEAH? WHAT ABOUT TH FINNEGAN KID?

**Bulletin**

Service to its constantly ining army of readers has brought wide enition. Its news is brief and pithy, caered, accurate and fair, and well w, while its

**Features**

excel in every department. In illustration, comics, women's activities, editorials, sports, serials and short stories, markets, finance, constant improve nent has made The Bulletin

**Supreme**

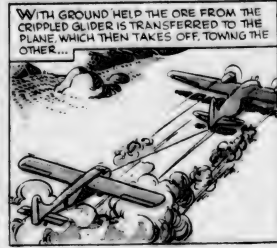
# Alberta's Greatest Saturday Comic Pages

EDMONTON, ALBERTA, SATURDAY, FEBRUARY 27, 1943

## FLYING JENNY

STORY  
GLENN CHAFFIN  
ART  
RUSSELL KEATON

ALTHOUGH SHE LOST HER CARGO GLIDERS WHEN HER AERIAL CARAVAN WAS ATTACKED BY AN ENEMY PLANE TRAILING A SWOOP ON A CABLE, JENNY IS DETERMINED TO CARRY ON..... SUE AND WANDA ARE DISPATCHED TO THE BONJANA CREEK DESERT TO SALVAGE THE CARGO...



## OUT OUR WAY

The Willets

By Williams



"Out

on the open range with the real "drawn from the wood" buckaroos. In the machine shop among the boys with the overalls and lunch pails. Just a cross-section of the cares and joys we meet in

Our

daily lives. A human picture of the family at home. It might be your house or you'll get the subtle humor in every cartoon of The Bulletin's exclusive daily feature, "Out Our

Way"

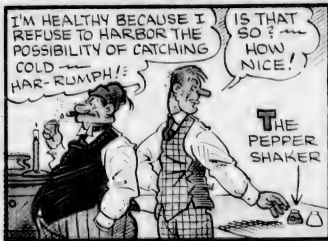
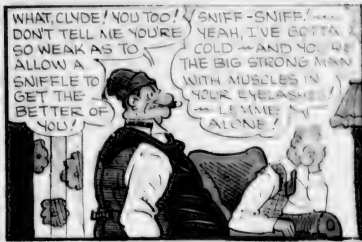


# Alberta's Greatest Saturday Comic Pages

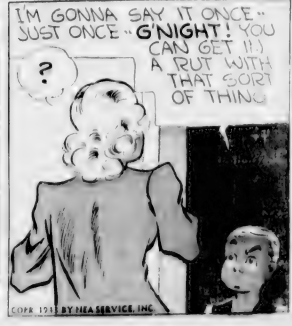
EDMONTON, ALBERTA SATURDAY, FEBRUARY 27, 1943

## CUR BOARDING HOUSE

## MAJOR HOOPLE



## BOOTS



"This

old world of ours is full of strange people; strange animals; strange facts and strange fancies (and Mother Nature works wisely and well, but sometimes her ways are too deep, too

Curious

for us to fathom. But there's a way to keep in touch with the vagaries of nature and learn the whys and wherefores of her strange ways. Daily in The Bulletin, "This Curious

World"

# Alberta's Greatest Saturday Comic Pages

EDMONTON, ALBERTA, SATURDAY, FEBRUARY 27, 1943

## Believe It or Not

By Ripley

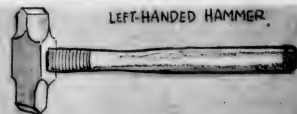
WHEN WAS THE FIRST SCRAP DRIVE?  
1918:1:25  
— AND I WILL TURN MY HAND UPON THEE, AND PURELY PURGE AWAY THY DROSS AND TAKE AWAY ALL THY TIN!

### THE UNCOUNTABLE COLUMNS OF KAIROUAN, Tunisia

NO MUHAMMADAN IS ALLOWED TO COUNT THE MANY COLUMNS OF THE GREAT MOSQUE OF SIDI-OKHBA UNDER THREAT OF BLINDNESS

ALL OF THE COLUMNS WERE TAKEN FROM THE RUINS OF CARTHAGE

THE EXACT NUMBER IS STILL UNKNOWN



LEFT-HANDED HAMMER

DR. IN. KING of Maryland IS A TOTAL DRY

SIAMESE ZINNIA

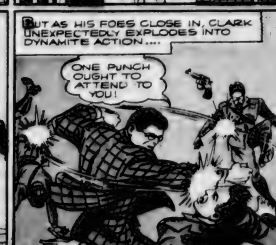
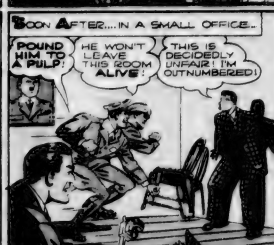
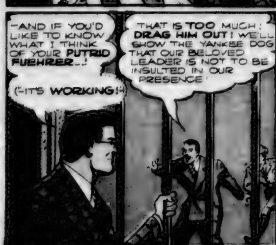
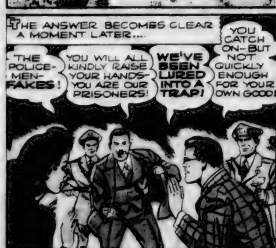
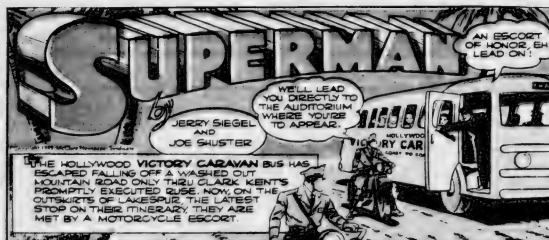


A SAUCE PAN IS NOT USED FOR SAUCE



TWO-WHEELER MOTOR CAR

STABILIZED WITH A GYROSCOPE  
London, England



READ SUPERMAN AND RIPLEY DAILY IN THE BULLETIN





"Sunny  
Boy"  
The  
Good  
Food  
for  
Good  
Health!

# Edmonton Bulletin

An Independent Newspaper In Public Service

4th SECTION

EDMONTON, ALBERTA—SATURDAY, FEBRUARY 27, 1943

24 PAGES

See  
Page 6  
for  
Quality  
Tested  
"Sunny  
Boy"  
Recipes!

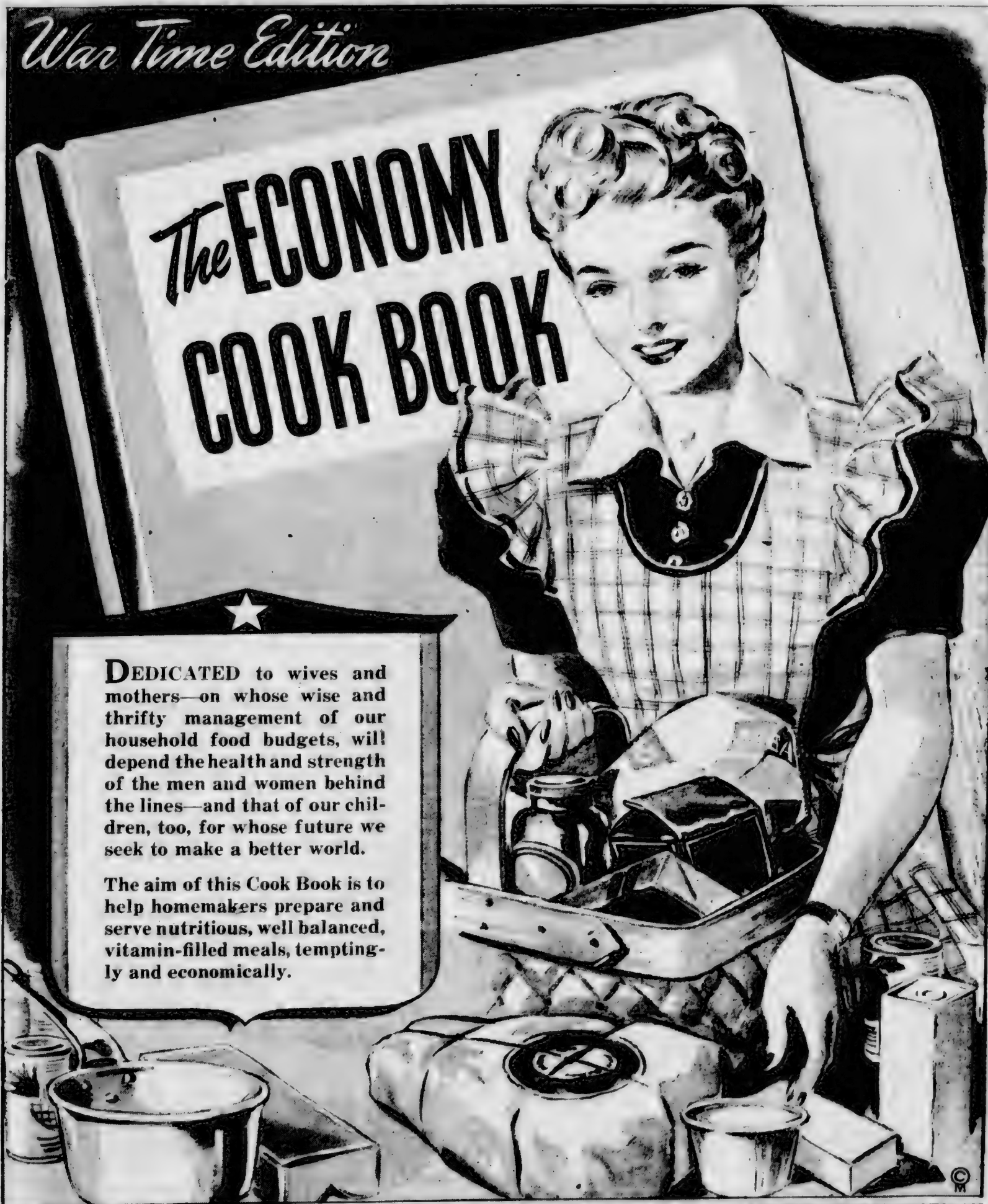


*War Time Edition*

## The ECONOMY COOK BOOK

**DEDICATED** to wives and mothers—on whose wise and thrifty management of our household food budgets, will depend the health and strength of the men and women behind the lines—and that of our children, too, for whose future we seek to make a better world.

The aim of this Cook Book is to help homemakers prepare and serve nutritious, well balanced, vitamin-filled meals, temptingly and economically.



*Featuring "My Favorite Low Cost Meal"*

*By Nationally Famous Writers on Home Economy*





**EAT RIGHT FEEL RIGHT**  
*Canada needs You Strong*

**"You'll have a good lunch today dad... mom has sent you Sunland Biscuits"**

**SUNLAND Graham Wafers**  
A health giving and body building nutritious biscuit a perfect snack at any time

**SUNLAND**  
A health giving and body building nutritious biscuit a perfect snack at any time

**SUNLAND SODAS**

I'm JANIE CANUCK—I'm YOU, Lady—the girl that bosses the kitchen front. It's my job to keep my family feeling fit. I do this by giving them the right foods—including FRESH, CRISPY SUNLAND SODAS, there's none finer at any price. It's real economy to buy the BEST and to do it on your budget. Dad and Junior give my meals a big O.K., and it makes me happy to see them looking so well.

**SUNLAND BISCUIT COMPANY LIMITED**

EDMONTON, ALBERTA

## Vitamins Are Essential Nutrients Found in Foods

**V** — Stands for Victory — and so do **VITAMINS!**

**A** is found in **CARROTS** — Helps prevent **NIGHT BLINDNESS**

**B** is the **MORALE VITAMIN** found in **PORK** and **WHOLE GRAIN WHEAT**

**C** is found in **CITRUS FRUITS** and **TOMATOES** — Helps prevent **TOOTH DECAY**

**D** is the **SUNSHINE VITAMIN** found in **BUTTER, EGGS** and **FISH OILS**

Simplifying the mystery of vitamins is not difficult at all, witness the chart talk of the professor who points out above where some of the vitamins will be found, and some of the things each can do to make us all stronger and healthier citizens.

## Family's First Defence Is Health-Giving Food: Budget Can Be Balanced

By MRS. FRANCES E. GANNON

In war time, it is more important than ever that we keep ourselves as healthy as possible, so that we may be an asset to our country rather than a liability. Even an elementary knowledge of food values should be of help in maintaining a healthy condition of the Nation as a whole—civilians and soldiers.

In addition to keeping ourselves fit in these times of stress, when millions are hungry in the countries which are the scene of actual battle, and when we have the possibility of a doubt that countless misfortunates will starve in these countries where the crops have been devastated and the livestock slaughtered, it is a "must" to avoid the waste of the smallest particles of food material and to make the best use of what is necessary to preserve our own health, in order that we may help those less fortunate in the countries which will surely look to us for food. We must conserve these foods which will be most useful to them and most suitable for transportation.

During the first World War there were shortages in certain foods and housewives substituted others without first ascertaining how to balance food values and make up for any deficiencies caused by the substitution of one food for another.

Today housewives realize that the health and morale of the nation are largely in their hands and that sound nutrition knowledge and health programs for every home are

vegetables, fruits, cereals, dairy products, fish, etc., how to select them and how to prepare them in the most appetizing way with the least waste with the minimum of fuel.

The department of agriculture is encouraging the farmer by every means within its power, to step up the production of the all important protective foods, so essential for a balanced diet.

### PROCESSORS CO-OPERATE

The food processors are co-operating with this program by printing on their packages the nutritive elements of the commodity and also their particular functions as an aid to good health.

In fact, in the case of breakfast cereals, certain food concerns go so far as to treat the cereal so that it will contain, when ready to eat, the same proportion of important vitamins and minerals that nature put in the original grain.

Women's organizations, civic, social and educational, aided by national and city nutritional programs, are spreading the idea of good nutrition widely over the country.

As an illustration of the importance of the food values which are printed within a limited number of well balanced meals is given here for one day for a family of five.

### BALANCED MEAL

The day chosen is Sunday because this is a day when the family and the meal is planned to be particularly enjoyable.

Costs based on prices current at time of writing and estimated at from \$2.70 to \$3.00 to allow for slight leeway caused by shopping in different localities.

This cost includes one pint of milk daily for adults and three to four glasses of milk per day for each child.

Breakfast: Grapefruit, Scrambled eggs on toast, Coffee, Milk.

Dinner: Chuck, Steak Supreme (2½ lbs.), Baked Potatoes, Julienne Carrots, Apple Turnovers, Tea, Milk (for children).

Supper: Tomato Juice Cocktail, Toasted cheese sandwiches, Mixed green salad, Jello, Tea, Milk (for children).

### Meat Rich Source For "B" Vitamins

It has long been known that meat is important in a well-balanced and satisfying diet, and now nutrition experts are giving additional reasons why it ranks so high among foods.

Not only does it supply high-quality protein, and certain essential minerals, notably iron and phosphorus, but it has also proved to be the richest food source of the group of B vitamins, notably thiamine, riboflavin and nicotinic acid.

### Shelter Shelf Is a "Must" For Wise Housewife

England has its provision dumps but the Canadian housewife has her shelter shelf. It need only be a corner of the pantry closet but well-filled with a balanced variety of canned vegetables, fruits and meats, this little nest will furnish a backlog for all unexpected happenings, air raids or blackouts or unexpected guests, as the case might be.

Meat and fish should be included for their protein content.

Evaporated milk, possessing all the major nutritive values of whole milk, is another "must" item.

Then come the canned vegetables, fruits and juices for vitamin and mineral content, including the ubiquitous bean, so comical as well as good, and some whole grain cereal.

Then, for sheer taste and as morale sustained, a jar of jam, or a can of soup, or a small quantity of hard candy, a tasty bit which has even found its way into the soldier's emergency ration.

### WIN YOUR FAMILY'S PRAISE!

THESE AUNT JEMIMA PANCAKES SURE TASTE SWEET!

AND DID YOU EVER TASTE WAFFLES MADE WITH AUNT JEMIMA'S?

Serve **AUNT JEMIMA'S** often

Shake in... Stir in... Serve... It's Ready!

**AUNT JEMIMA** READY MIX SOUP

Thoroughly Reconditioned

**PIANOS**

See Crescent's fine stock of thoroughly reconditioned used pianos. An opportunity for clubs and community leagues to obtain a really fine used piano at a fair price.

**Furniture**

**FOR the MODERN HOME**

At Low Everyday Prices!

EVERY TYPE AND STYLE IN OUR SHOWROOMS

LOCATED ON 101 STREET, OPP. METROPOLITAN

# CRESCENT FURNITURE LTD



## Attention Turns to Home Canning: Victory Gardens Prove Highly Popular

Victory gardens are springing up around the country and with them comes a new interest in canning fruits, vegetables and even meats. But "amateur" canning is wasteful and unnecessary. There are certain factors which must be recognized before we begin a job that's essentially simple though at times tedious.

If you live in the city, some distance from roadside stands and are of course, minus your own garden, better give up the idea of canning, although it is practical for you to make jams and jellies.

Young, tender vegetables and fruit are necessary for successful canning operations. They should be in good condition free from bruise spots and decay and if possible, gathered no more than two hours previous to canning. It is not only the freshness of the produce but the lack of decay of the finished product.

When canning, these conditions will be met. If vegetables are washed in the soil from which they were taken, bacteria may be introduced. The best method of washing is to wash the fruit or vegetables in a solution of one part of household bleach to ten parts of water. This will kill any bacteria which may be present.

In canning fruit, be sure it is ripe and well ripened. Be sure and use fruit such as blackberries, raspberries and gooseberries, which are best when picked over and washed carefully. Any fruit which is not ripe should be discarded.

### WASH FRUIT

Large fruit such as peaches and pears, should be washed in the same solution. To keep them from discoloring after washing, add a pinch of ascorbic acid to the water. This may be made by adding 2 teaspoons of salt to one quart of water. Then add the fruit and wash for about five minutes. The fruit should be washed in the same water. Always use a clean cloth. This doesn't prevent the product from

which brings out the flavor and makes it more palatable.

The sugar rationing now in progress need not worry the home canner. She can pack fruit in a light syrup instead of a heavy one or use honey as the base of the syrup instead of sugar.

Vegetables. Be sure they are young and tender. Tough, over-mature vegetables will give a finished product that neither looks or tastes worth the effort. In addition, it is necessary to process old vegetables longer to keep them from spoiling.

Vegetables must be washed in running water, or in several changes of water before they are packed or their skins broken so as to remove the removal of every trace of bacteria from the soil.

Newly all vegetables are pre-cooked before they are packed in jars but be sure the jars of pre-cooked vegetables are not allowed to stand, but are processed immediately.

As most cook books have little material in them these days on home canning, be sure you have full information and supplies before you start work on canning food for defense. Your department of agriculture has material in book form that will be sent to you on request. The charge for this material is information of us daily about vegetables.

But, the authorities of Mason jars and canning equipment will gladly supply you with full information on how to proceed. Check with the horticulture department of your department store or your hardware dealer for information on the best equipment.

One important job for example, is to make sure your effort—and there are other ways to process food—is in your wash water!

### CORN BREAD

- 1 cup corn meal
- 1 cup flour
- 1 cup sugar
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk
- 1 egg, well beaten
- 2 tablespoons butter

Mix and sift dry ingredients, add egg and butter. Bake in shallow buttered pan 20 minutes in 325°F oven.

### OYSTER STEW

- 1 pint oysters
- 4 cups milk and oyster liquor
- Salt and pepper
- 3 tablespoons butter
- 4 cup cracker crumbs

Carefully pick over oysters. Heat milk and oyster liquor. Season with salt and pepper. When milk is scalded add butter and oysters. Cook until oysters are plump and edges begin to curl. Add cracker crumbs just before serving.

## Join the War on Waste

Shortages in raw materials needed by our fighting men and our Allies are all too frequently attributable to the careless waste this nation, so rich in resources of all kinds, has indulged in. That is why it is essential to our Victory Program that wives and mothers join wholeheartedly in the War on Waste, which means simply conserving those things we have, and salvaging many things we throw away.

This Economy Cook Book is devised to show you how to save the while you serve your family healthful, nutritious, vitamin-filled meals. But there are other ways in which you can join the War on Waste.

Save all metals including tin cans, old rags, every bit of old rubber, and of course all paper. Save all of these things which accumulate so rapidly around the house, and contribute them to some charitable organization or sell them to a junk man. All these things are needed to help make tanks and guns and planes and ships.

## Putting Tang Into Your Lemon Pies

Families who enjoy the zesty, slightly-acid tang of citrus fruits and their juices (and that includes most families)—will doubly appreciate those same juices made into pies.

But a lemon pie can be one of two things: a watery, half-cooked failure or a culinary triumph. For more progressive results, the Sim-Sak Kitchen recommends the following two-egg recipe. A goodly amount of many pastries cooks is the use of whole orange juice to replace water in pie crust now is suggested an orange pie filling equally delicious in orange pastry or a crumb crust.

### LEMON MERINGUE PIE

Put in a bowl in a saucepan over direct heat.

- 1 cup water or milk
- 1/4 cup sugar
- 1/4 tsp. salt
- 1 tsp. grated lemon peel

Add 5 absp. cornstarch blended with 1/2 cup cold water.

Cook over low heat until thickened, about five min., stirring constantly. Remove from heat. Add separately, mixing well each time, 2 well-beaten egg yolks.

- 1 tbsp. butter
- 6 tbsp. lemon juice

Pour into an 8-inch baked or crumb crust pie shell. Top with meringue and brown in a moderate oven (350 degrees F).

### ORANGE CHIFFON PIE

- 1 tbsp. plain gelatine
- 1/4 cup cold water
- 1 cup sugar
- 3 eggs, separated
- 1/4 tsp. salt
- 1 cup orange juice
- 1 tsp. orange peel
- 2 tbsp. lemon juice

Soften gelatine in the cold water. Mix sugar, water, egg yolks and orange juice in a bowl. Cook over low heat until thickened, about five min., stirring constantly. Place over boiling water and cook 10-15 minutes, or until thickened. Add softened gelatine and lemon juice. Stir and cool. Add lemon juice. When mixture begins to thicken, fold in stiffly beaten egg whites. Pour into pie shell or crumb crust. Chill in refrigerator until set. Serve with or without whipped cream.

## MILK DRINKS

### COCOA

- 4 tablespoons cocoa
- 3 tablespoons sugar (or more)
- Pinch of salt
- 1/2 cup boiling water
- 4 cups milk

Mix cocoa, sugar and salt. Add boiling water and cook five minutes. Combine with hot milk and beat with egg beater until frothy. For a rich drink add 1 tablespoon butter.

### RASPBERRY CAKE

- 1/2 cup butter
- 1/2 cup brown sugar
- 2 eggs
- 1/2 cup sour milk
- 1/2 cup juice from canned raspberries
- 2 cups sifted pastry flour
- 1 teaspoon baking soda
- 1/2 cup drained raspberries
- 1/4 teaspoon salt

Cream butter and sugar. Break in 1 egg. Beat well and then add other egg. Beat well. Add milk. Sift soda and salt with flour. Beat half of the flour into mixture. Add fruit and then remaining flour. Fold in berries very carefully. Bake in a loaf pan for 45 minutes at 325°F.

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## Vitamins Proving To Be Essential Nutrients Found in Nourishing, Health Giving Foods

What exactly are vitamins? We hear so much about them but it is difficult indeed to give a three word definition of the term.

They are essential nutrients which are found in our foods.

It is true that the pure form of them can be extracted from various sources and evolved from test tubes. But, if we stick to vitamins in our food we have vitamin insurance.

Why? Because while we now know that oranges (and the whole citrus family, plus tomatoes and paprika, the best world source) say are a fine source of vitamin C, we had better not take pure crystalline vitamin C even if it were commercially available, and omit the oranges.

This is because it is probable that human bodies do not assimilate vitamin C without its cohorts. We are in the infant stage of vitamin therapy and if we study nutrition and do our best to balance the family's food intake we are doing a good job of furnishing the known vitamins and are, in all probability, also including the unknown ones which science will bring to light some time in the future.

### ESSENTIAL TO CHILDREN

If we have young children, however, there is one vitamin doctors insist we include, at least in the winter diet, in concentrated form—in fish oil. That is vitamin D, the sunshine vitamin which prevents bowed legs (caused by rickets) and makes for strong teeth.

This one of the vitamins the body can store but certain other vitamins, such as C and the B-complex group, must be taken into the body each day if a vitamin balance is to be maintained.

Now, disposing of vitamin D which comes from the summer sun, from the livers of certain fish and from irradiated foods, let's go on to vitamin A, one of the easiest vitamins to obtain daily even though it is estimated that most Canadian adults have at least a mild vitamin A deficiency.

Vitamin A should stand for a carrot in your mind, because it is called carotene, too. It is found in its best form in most yellow and orange vegetables, green leafy vegetables, milk, butter, cheese and yellow fruits. In the cooking process, don't soak such vegetables, throwing off the yellowed water (and some of the vitamin A).

### LEARN THIS LESSON

Learn to cook all vegetables the modern way in a small amount of boiling water, in a covered container, without soda. Let the steam rise, then lower the heat to minimum and continue cooking, covered, about twenty minutes or until tender. Use the juices as a sauce or in soups.

England venerates the carrot for its aid in preventing night blind-

ness which, in turn, is caused by a serious vitamin A deficiency. Vitamin A is the anti-infective vitamin and it affects reproduction, growth and even the length of life.

The B vitamins are a valuable family not completely classified as yet. Vitamin G, the "longevity" vitamin, is now being classified under vitamin B. The B-complex group comprises at least six vitamins and we do know that this group must be included daily in our diet for optimum health—they are not stored by the body.

Molasses has B vitamin content—but refined white sugar, refined from molasses has none. We must go back to unrefined foods to get as much as possible of this wonder vitamin that gives us natural "life" and resiliency and which sometimes is all the Morale Vitamin and which prevents beri beri. Or else one must take it in concentrates—an expensive process.

Brewer's yeast is the richest cheap form of Vitamin B-complex but many people find it unpalatable. Peanut butter is a fine source—and a cheap one. We do not eat enough bread per capita in this country to get all the vitamin B1 we need should we eat only whole wheat bread. But inclusion of the dark breads helps.

Milk and wheat germ are important sources of vitamin B1 as are poultry and pork with other meats and fresh fruits is a source, too, but not as good a one.

### Keep 'Em Air-Tight

After purchasing, vegetables should be washed, drained, and stored in the refrigerator pan (or an air-tight bag in the refrigerator) to prevent vitamin loss by air. Tomatoes, however, may be left out until fully ripened.

### Wartime Recipes Reproduced from the Woodland Dairy Cook Book

#### SOUPS AND CHOWDERS

##### Cream Vegetable Soups

(Basic Recipe)

4 tablespoons butter  
4 tablespoons flour  
2 cups milk  
2 cups water in which vegetable was cooked  
2 cups cooked vegetable, finely chopped or rubbed through sieve  
Onion if desired  
Salt and pepper to taste

Melt butter and blend in flour. Add milk and vegetable water, using more than 2 cups of milk if necessary to make 4 cups liquid. Cook until mixture thickens, stirring constantly. Add strained vegetable pulp or chopped vegetables.

Season to taste. A slice of onion cooked with the vegetables adds flavor to the soup. Carrots, celery, peas, string beans, spinach, onion, asparagus, cauliflower, tomatoes, or a combination of vegetables may be used.

#### CREAM OF TOMATO SOUP

2 cups canned tomatoes  
2 slices onion  
2 teaspoons sugar  
4 tablespoons butter  
4 tablespoons flour  
4 cups milk  
Salt and pepper

Method 1—Cook tomatoes, onion and sugar together for 15 minutes. Strain. Make cream sauce of butter, flour and milk. Add salt and pepper. Add strained tomatoes slowly to sauce. Serve at once. If soup has a tendency to curdle beat with drier egg beater.

Method 2—Melt butter. Blend in flour. Add cold tomatoes (strained if desired), onions, sugar and milk. Heat together until soup thickens, stirring constantly. Season with salt and pepper. Remove onion and serve at once.



**FOOD** is like a jigsaw puzzle. Of it there are many varieties, each with different values and different uses but each necessary to the health and growth of the human body. When all the essential food varieties are present in the daily diet, or all the jigsaw pieces are present, they make a beautiful picture... in the case of health the picture is clear-eyed, shining-haired, smooth-skinned, smiling, firm-muscled. But if any of those essential foods, or those essential jigsaw pieces, are left out... then the picture is not complete. In the health set-up... weak heart action, brittle bones, soft teeth, blotchy skin, nervous actions, or diseases may set in and break down the picture panorama.

#### Surveys in Canada

Nutritional surveys in Canadian cities have shown widespread prevalence of under-nutrition and Dr. L. B. Pett, director of Nutrition Services at Ottawa, in a recent interview gave the following enlightening percentages: 20% of

Canadians are undernourished; 40% are on the borderline; 40% are adequately nourished.

That situation is not pleasant reading in peacetime; and definitely alarming in wartime.

The efficiency of the Canadian war effort depends to a large degree upon the health of its people... on healthy men who will outfight, outmanoeuvre, outshoot, outfight and outwit their enemies; on healthy women and production workers who will till the farmlands, raise the farm animals, make the machines and implements of war and staff the offices and canteens and shops needed in an all-out effort; on the children, the men and women of

tomorrow, who will steer the ship after we have weathered the gale and brought it through the tides of war.

#### Food Rules for Fitness

Health for that is maintained only through adequate nutrition. In an attempt to build up the health of every Canadian, the Dominion Government has launched a vigorous Nutrition program to promote the "Food For Fitness" campaign that urges "EAT RIGHT—FEEL RIGHT." And it has drawn up, in brief, easily understood form, a list of Five Food Rules, which Canadians are asked to study, memorize and apply.

In the Five Food Rules are contained the needs of the daily diet. Those you should eat first—and after those any other foods you wish. The Rules are as follows:

1. **MILK**—Half pint daily for adults, more than one pint for children; some cheese
2. **FRUITS**—Daily serving of tomatoes or citrus fruit of their juices; and one serving daily of other fruits fresh, canned or dried
3. **VEGETABLES**—Daily serving of potatoes and two servings daily of other vegetables, preferably leafy green or yellow, and frequently raw
4. **CEREALS AND BREAD**—Daily serving of a whole grain cereal and 4 to 6 slices of bread, brown or white
5. **MEAT, FISH, EGGS**—Daily serving of meat, fish or meat substitutes. Liver heart or kidney once a week. Three or four eggs a week

Plus other foods you wish.



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## A Gastronomic Treat



Important ingredients pictured above are the makings for split pea soup with ham.

### Good Rinsing Is Essential To Containers

When every bit of nutritious food value is precious, advice like that passed on to the English recently may, serve to drive home the importance of our nation's war on waste, the while we also are at war against the aggressor nations.

"Rinse out every milk container with a spoonful of water and use this bit of liquid in your cooking," is in substance the recommendation that was passed along to the English homemaker.

"Do the same whenever removing foods, especially vegetables and fruits, from cans," the advice concluded.

### "Sunny Boy" Recipes

#### SUNNY BOY BREAKFAST CEREAL

A wholesome combination of Nature's pure grain foods, Wheat, Rye and Flax, containing pronounced laxative qualities as well as high food value. Regular use will relieve constipation.

For hot cereal breakfast for five persons—  
Stir 1 cup Sunny Boy Cereal into 4 cups boiling water; add 1 teaspoon salt and cook for 10 to 20 minutes.

#### SUNNY BOY LOAF

Excellent for the lunch pail  
2-3 cup brown sugar  
1 tablespoon butter



### Variety in Cereals

For variety in the cereal of the breakfast table, try Sunny Boy Cereal. It is a delicious and nutritious cereal that is easy to cook and eat. It is a good source of energy and is suitable for all ages.

- 1 egg
- 1 cup raisins
- 1 cup sour milk
- 1 cup white flour
- 1 cup Sunny Boy
- 1 teaspoon soda

Method—Mix in order given. Dissolve soda in milk, stir, then add dry ingredients. Place in greased pan and cook in moderate oven 35 minutes.

#### SUNNY BOY MUFFINS

- 1 egg
- 1/2 cup sugar
- 2 tablespoons lard
- 1 cup sour milk
- 1 teaspoon soda
- 1/2 teaspoon salt
- 1 cup Sunny Boy
- 1 cup white flour

Method—Mix in order given. Dissolve soda in milk, stir, then add dry ingredients; turn into greased muffin pans. Bake in hot oven 25 minutes.

#### SUNNY BOY HEALTH PUDDING

- 1 1/2 cups cooked Sunny Boy Cereal
- 2 eggs (beaten)
- 1-3 cup brown sugar
- 2 cups good milk
- 1 cup dates or raisins

Mix all together and put into a greased pudding dish. Bake 25 minutes. Serve with cream and sugar.

#### SUNNY BOY BROWN BREAD (No Yeast)

- 2 breakfast cups whole wheat flour
- 1 breakfast cup Sunny Boy Cereal

- 1 tablespoon shortening
- 1 tbs. golden syrup
- 1 breakfast cup milk (or more if required)
- 1 teaspoon baking soda
- 1 tsp. cream of tartar
- 1/4 teaspoon salt

Method—Rub shortening into flour, add all dry ingredients, then syrup, slightly warmed and mixed with the milk. Add more milk if required to make a real moist dough. Mix well and turn into a well greased loaf tin. Bake in moderate oven for 40 minutes. (Sunny Boy Cereal may be previously soaked in the milk.)

#### SUNNY BOY COOKIES

- 1 1/4 cups Sunny Boy Cereal
- 1 1/2 cups white flour
- 1 1/2 cup white sugar
- 3/4 cup shortening
- 3/4 teaspoon salt (small)
- 3 tps. baking soda
- 1 teaspoon ginger
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon

Method—Mix all dry ingredients well together, then add three quar-

ters cup Roger's Syrup (warm) and 1 well beaten egg. Form into balls, put in pan far apart, and bake in moderate oven.

#### SUNNY BOY MEAT LOAF

- 1 1/2 lbs. grated beef
- 1/4 lb. grated pork
- 1 cup Sunny Boy
- 1 teaspoon salt (small)
- Dash of pepper
- 2 eggs
- 1 small onion (chopped fine)

Method—Combine all the ingredients and mix well together. Bake in oven 1 hour. If desired a can of tomatoes (strained) can be poured over this after well browned.

#### "SUNNY BOY" JAM AND BACON MUFFINS

(Use above Sunny Boy recipe)  
Line muffin tins with thin sliced bacon. Place small spoonful batter in tin, a teaspoonful jam or marmalade in centre of batter and cover with another small spoonful muffin batter. Bake in hot oven 25 minutes.

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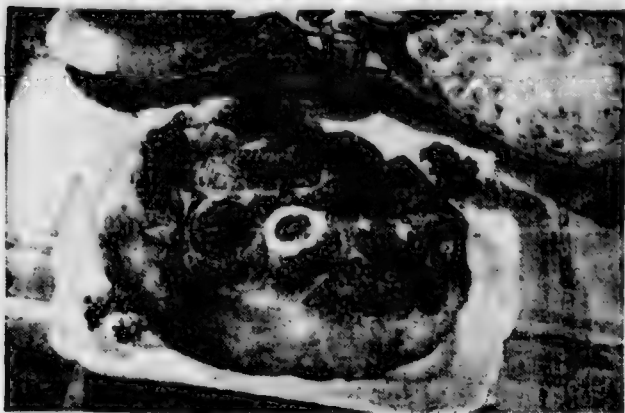
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## Good Braised Beef Pot Roast



Good pot roasts are cut from several sections of beef including the shoulder (chuck), round and rump. Rich in flavor, they require long, slow cooking in moist heat. Pictured here is an arm pot-roast cut from the chuck, identified by the round bone.

Braising is the method of cooking. Dredge the meat with flour, if you wish, though this is not necessary. Brown the meat on both sides. Season and place it in a heavy kettle. Add a small amount of water and cover the meat so that it cooks by steam. It should be cooked slowly, either on top of the range or in a slow oven. Too high a temperature will dissolve the connective tissue and cause the meat to fall apart.

One of the advantages of a pot-roast is that vegetables may be cooked with the meat. Flavor cooked out of the meat goes to the vegetables. Parsnips are shown here, but a variety of other vegetables may be used, according to your preference and convenience.

Vegetables need not be cooked as long as the meat and should therefore be placed in the kettle just long enough before the end of the cooking time so that all are ready to be served together.

The delicious gravy which can be made from the liquid is another reason why pot-roasts are always high in popularity.

## Clever Cook Tickles Palate With Inexpensive Meat Cuts

It takes a clever cook to serve inexpensive meat cuts night after night and have the family look forward to meals with keen enjoyment instead of saying disappointedly: "Meat loaf again?"

It takes a variety of cuts, a variety of recipes and seasonings, and a knowledge of the best ways to preserve and bring out natural meat flavors.

There is no need to do without oven roasts. Veal shoulder, lamb shoulder, and pork loin ends can all be roasted. The cheaper steaks such as chuck and round steak and flank of beef can all be braised—as can any cut used for pot roast, like round and rump.

The meat is browned in hot fat (some prefer to dredge it with flour and seasonings first—, and then cooked with a small amount of liquid which steams it under a tight cover. Long slow cooking tenderizes the meat.

### PREPARATION VARIED

Such meats may be prepared on top of the stove in a kettle, iron Dutch oven, or a pressure cooker if one is lucky enough to own it. Or for a rich "roast" flavor, they may be cooked in the oven in a roaster.

For variety's sake, the liquor added may be left-over clear soup, canned soup, or the juices from canned vegetables, although water will do.

Seasonings might sometimes be onion or garlic (garlic salt is equally good), or something more imaginative such as a teaspoonful of bottled kitchen bouquet, a dash of Worcestershire sauce, a heaping portion of catsup.

Among the herbs, half a bay leaf of a tiny pinch of thyme (also good is bread stuffing) will help to make each dish a different one.

A similar cooking method help to make beef liver as tender as the costlier calf's liver. The meat is floured, browned with fat in an iron frying pan, and then simmered in a little liquid with a tight cover.

As every housewife knows, a little meat makes a larger serving when a bread stuffing is used. Veal neck or breast may have a pocket cut in it for stuffing. Pork loin may have slashes cut in the top. Flank or round steak may be rolled and tied around stuffing before being braised.

Even a meat loaf may use stuffing "sandwich style"—a thick layer of meat, then a layer of the moistened and seasoned bread, then another layer of meat.

### Leave Water Out, Once in a While!

Since water is the enemy of vitamins, try cooking vegetables without it occasionally. Chopped cabbage, spinach, diced summer squash or cucumbers may be prepared in this way:

Heat a little fat (drippings from bacon or salt pork are excellent) and add the vegetables. Cover tightly, because it is the steam which does the cooking. Stir frequently. After ten or fifteen minutes, season and serve.

### Add to Prunes

While the prunes are cooking, add a bit of orange peel or lemon peel, or both.

## Hudson's Bay Company

INCORPORATED 21 MAY 1870



## Why All This Fuss About VITAMINS?

"My Mother and Father were strong healthy people and they never worried about Vitamins. Why are they so important today?"

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Vitamins are substances which the body must have for health and growth. There are a number of different Vitamins . . . each having its own value . . . each doing its own job in the human machine. The important ones which must be included in our daily diet are

**VITAMIN A** Aids growth, stimulates resistance of the body to infection. Lack of it results in a general run-down condition and certain eye diseases. Good sources are milk and all dairy products, green and yellow vegetables, liver, cod and halibut liver oils.

**VITAMIN B1** is essential for a good appetite and steady nerves—needed for growth and health. The chemical name is "Thiamin". Good sources are outer coatings of vegetables, whole grain cereals, and meat (pork best, then liver and kidney).

**VITAMIN C** is especially important for healthy teeth, gums, bones and blood vessels. An acute lack causes "scurvy". Good sources are all citrus fruits, tomatoes and green vegetables.

**VITAMIN D** is the "Sunshine Vitamin". It is essential for normal development of teeth and bones and it assists the human machine in utilizing calcium and phosphorus. Lack of it causes diseases of the bones—notably "rickets". Good sources are sunshine, irradiated foods, and fish-liver oil.

**VITAMIN G** Also known as Vitamin B2 or "Riboflavin". Necessary for normal nutrition and especially for healthy skin and eyes. Good sources are foods that contain Vitamin B1.

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## My Favorite Low Cost Meal

# Dinner or First Course

## Dainty Dish



Individual Swiss steaks, top rounds prepared in this way make a delicious new dish of a favorite old cut. Browning in oil and then baking slowly makes a tasty dish.

By MARTHA LOGAN

It is my 16-year-old son who gave us the basic idea for our "Favorite Low Cost Meal." One day Jack said, "Mother, why can't we have split pea soup with ham?" I imagine my surprise to have a young man ask for this kind of a meal.

You probably know that the most important ingredient of this fine soup is a ham made by slow water-cooking of a good sized ham bone and some of the trimmed-off ham. Three or four hours are needed to extract the full rich flavor.

We like to use a little dried onion, some finely shredded carrots and perhaps a good spoonful of tomato, celery leaves and stalks. The stock making means a gentle simmering. Let the water come to a boil, but never boil.

Now for the other essential ingredient, the split peas:—

To 2 quarts of ham stock, add 1 pound of dried, split peas. Cover and cook slowly for about 2 hours.

Again — the simmer-bubble cookery does the trick. This soup is no hurry-up affair.

As in our house, often Ham and Pea Soup is served comes the main dish. Is this the dinner or the first course? Which means, dare we eat two big bowls of soup. Or should one try to limit himself to only one bowl of soup because there's a fairly substantial dinner meat course and all to follow?

The favorite meal is really a two-part affair. After we serve the soup, we serve a meat and potatoes, a baked apple, a baked potato, a baked tomato, and a baked onion. And top off with a baked bread and butter.

The main course usually consists of a good sized ham, a baked potato, a baked apple, a baked tomato, and a baked onion. And top off with a baked bread and butter.

It is a very simple meal, but it is a very good meal. It is a meal that is easy to make, and it is a meal that is easy to eat. It is a meal that is good for you, and it is a meal that is good for your pocket.

It is a very simple meal, but it is a very good meal. It is a meal that is easy to make, and it is a meal that is easy to eat. It is a meal that is good for you, and it is a meal that is good for your pocket.

## Adults, Like Children

It is a very simple meal, but it is a very good meal. It is a meal that is easy to make, and it is a meal that is easy to eat. It is a meal that is good for you, and it is a meal that is good for your pocket.

## New Version of An Old Favorite

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## Old-Time Pudding Features Bread

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## Broiled Frankfurters

It is a very simple meal, but it is a very good meal. It is a meal that is easy to make, and it is a meal that is easy to eat. It is a meal that is good for you, and it is a meal that is good for your pocket.



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## My Favorite Low Cost Meal

## With a Bit of Swank

By AMY VANDERBILT



Gradually I am training myself to an appreciation of all fish. The cause working with food and nutrition I know that fish rich in minerals and a good protein source, is an important part of the balanced diet. Seafood however, I like very much—crabs, lobsters, mussels, clams and oysters. Seafood is not necessarily expensive, perhaps because there is much more demand for it than for fish. The exception is mussels (which are very cheap because few people know how to use them), clams and oysters. Oysters, it is true, are associated in many minds with luxury food, probably because they were the beginning of any respectable Victorian feast.

Actually they are cheap. One Long Island dealer ships his straight from the icy waters of Gardiner's Island Bay anywhere in the country in tubs—at around two cents apiece.

In our own Revolutionary days, oysters were well appreciated. A tub of them in the sold storage cellar was a prerequisite of any substantial household because they knew then something we moderns tend to forget—that the oyster hibernates in the cold and that unopened oysters may be kept in cool but not freezing environs for months without any harm.

Here's my favorite low-cost meal:

Oysters a la Rockefeller  
Broiled Veal Kidneys With Mustard Sauce

String Beans Julienne  
Raw Carrot Sticks  
Raw Fennel or Celery Curls  
Baked Apple Dumplings

How to prepare Oysters a la Rockefeller:

Deep sea oysters  
1 bunch parsley  
1/2 cup cooked spinach  
1 green pepper  
1 teaspoon lemon juice  
1 lbs. Worcestershire sauce  
Salt, paprika  
2 cloves garlic  
Cocktail sauce  
Buttered cracker crumbs  
Bacon

Open deep sea oysters, leaving them on the half shell. Chop parsley, spinach and pepper, season with lemon juice, Worcestershire sauce salt and paprika. Add grated

## Meat Economy Is Important At All Times

It should be remembered that meat economy, to go all the way, means greater care in handling meat.

The minute it comes into the house, it should be unwrapped from the store papers which absorb flavor.

Lay it on a plate, cover lightly (not tightly) with waxed paper, and put it into the coldest part of the refrigerator.

Left-over meats, however, should be tightly covered so they will not dry out.

When meats are cooked at low temperatures there is less shrinkage, which means more servings, and it is more easily carved.

## LUNCHEON AND SUPPER DISHES

## Scalloped Dishes (Basic Recipe)

4 tablespoons butter  
4 tablespoons flour  
2 cups milk  
3 cups cooked food, cut in pieces  
Salt and pepper

Melt butter. Blend in flour and seasonings. Add milk gradually and stir until mixture thickens. Cook for 3 minutes. Place alternate layers of cooked food and sauce in buttered baking dish. Cover with buttered bread crumbs and bake in a hot oven of 400F. until crumbs are nicely browned.

Note—1/2 to 3/4 cup grated cheese and a pinch of mustard may be added to sauce just before removing from stove. The cheese sauce may be used in place of plain cream sauce in making such scalloped dishes as scalloped macaroni and scalloped vegetables.

## SCALLOPED MEATS OR FISH

Use 3 cups cooked meat or fish—chicken, tenderloin, veal, ham, sweetbreads, chopped or dried beef, to form a paste. Cover each oyster garlic with enough cocktail sauce with one teaspoon of the mixture, sprinkle with cracker crumbs and place four small pieces of bacon over each. Place in the broiler until the bacon browns. Serve six oysters to each person, on a pie pan or soup plate covered with heated ice cream salt.

## Save, Use Valuable Nutrients



Liquid found in canned vegetables contains valuable nutrients. Drain the liquid into a sauce pan as shown at the left, and boil it quickly to reduce the amount. Then add the vegetables as shown in the picture at the right, and heat. Liquids found in canned fruits should be used for the most part just as it comes from the can.



lobster, crabmeat, shrimps, oysters, or flaked cooked fish.

Use 1 1/2 cups meat or fish and 1 1/2 cups green peas.

Use 2 1/2 cups meat or fish and 1/2 cup green pepper or pimiento.

Use 2 cups meat or fish and 1 cup cooked mushrooms.

Use 2 cups meat or fish and 1 cup cooked celery.

## SCALLOPED CORN AND TOMATOES

1 1/2 cups cooked corn  
1 1/2 cups stewed or canned tomatoes

2 tablespoons melted butter

1 teaspoon salt

1/4 teaspoon pepper

1/2 cup buttered crumbs

Alternate layers of corn and tomatoes in a greased casserole; sea-

son with butter, salt and pepper. Cover with crumbs and bake in moderate oven (375F) until crumbs are browned. Serves 6.

## SCALLOPED EGG DISHES

Use 6 hard-cooked eggs, sliced or cut in pieces.

Use 4 hard-cooked eggs with 2 cups cooked potatoes, celery, corn or peas.

Use 4 hard-cooked eggs and 2 cups cooked spaghetti.

Use 3 hard-cooked eggs, 1 cup salmon and 1 cup peas.

## CARROT DRESSING

1 cup boiled salad dressing.

1/2 teaspoon minced onion

1/4 cup grated carrot

Mix well. Serve on pea loaf or plain lettuce salad.

## TIPS TO SAVE SUGAR

Don't experiment with your sugar ration—use tested recipes.

Soften fresh sugar in dried fruits when to be soaked.

Add sugar to stewed fruit after cooking and while it is still warm. . . you will find less will be needed.

Cook dried fruits in the water in which they have been soaked. Little or no sugar will be needed for sweetening.

Bake the sweeter fruits with a little water and taste them with this liquid.

Sweeten pudding sauces with left-over canned fruit syrups.

Make cakes without frostings.

Serve more hot desserts. . . they seem sweeter than cold ones.

Try reducing the sugar by two tablespoons when making your pre-war baked desserts. . . they will taste just as good.

Try an extra pinch of salt in cooking. . . it accentuates the sweet flavor.

Cultivate a taste for less sweet foods. . . if necessary, use more starchy foods which, like sugar, are energy producers.

Use a plain sugar syrup or one from canned fruit to sweeten cold drinks. . . if sugar is used in hot beverages, stir until it is completely dissolved.

Add raisins to cooked cereals for a change. . . this saves sugar in sweetening. If adding 1/2 cup raisins to cereals, desserts, etc., the sugar in the recipe may be cut in half.

Watch where the sugar goes in your home. . . how much is used in cooking? on cereals? in tea? in coffee? . . . cut down where it is needed least.

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## Vital Vitamins Reach Table By Way Canned Vegetables, Other Foods

Canned vegetables, varied as the vegetable garden itself and procurable all year around, furnish one of the easiest ways of securing the vitamins to taste. In the commercial canning process, which is simply the preservation of food through heating and enclosing in air-tight containers, protective measures are employed to insure that vitamins are retained in high degree.

In the first place only vegetables grown in the most favorable soil under the highest of agricultural standards are used. The canneries, too, are located near the fields and the vegetables are thus permitted to grow to their optimum state of maturity.

Only selected material is chosen. Within a few hours after the food is picked in the field, it is sealed into the airtight cans. Thus, there is no long haul to market which might rob the product of certain vitamins.

### FRESH AS HARVEST

The various steps of the canning process itself are also conducive to high vitamin retention. Quick handling, removal of oxygen and the cooking in airtight containers, all help to preserve the vegetables just as they were when freshly harvested.

Vitamins not sensitive to oxygen or heat are retained without loss in canned foods. Vitamin A, riboflavin and niacin are among the principal vegetable vitamins in this class. The leafy green vegetables, such as spinach, kale, turnip greens and the like, are excellent sources for the three of them. In addition, yellow vegetables contain such vitamins as A and B.

Tomatoes, there is practically no loss of vitamin B1, the "nerve" vitamin helpful in maintenance of appetite. Vitamin C, the most delicate of all vitamins in that it is subject to destruction when exposed to air, is well retained in commercially canned foods because in the canning process it is protected to a great degree from contact with oxygen in the presence of heat. Tomatoes, kales, peas and turnip greens contain good supplies of ascorbic acid.

The task of the meal planner settles down to realizing the nutritional values of canned foods and taking advantage of them. Properly served, canned vegetables become tasty additions to the family menu, as well as quick life-savers in a busy day.

### LEARN THIS LESSON

First lesson to learn is that the juice in the can should not be thrown away, for the liquid contains valuable nutrients. The wise cook will save it for use in soups and sauces.

For taste appeal, the canned food user should not be content just to open the can, heat and serve. A pat of butter, a bit of bacon, a slice of onion, a combination of two varieties—these are the tricks and touches that make canned vegetables a part of the family diet.

## Valuable Aids to Home Canning



New and flawless jars and the best of cooking utensils are almost as essential to the success of home canning as is the careful selection of the finest quality of vegetables and fruits.

salt would not think of serving peas in the pod, so the homemaker should not permit canned vegetables to arrive at the dining table without her own individual touches.

It cannot be too often repeated that the water in which vegetables have been cooked contain a large part of the vitamins for which you have spent your money. That's true whether the vegetables have been cooked at home or come out of a can.

So don't pour them down the drain. Keep a covered jar in the refrigerator, and save every bit.

### FOR BETTER DIET

A little vegetable juice added to cream sauce often improves the flavor. A little cream sauce added to vegetable juice makes a soup.

What a fine chef would do solely to improve flavors is what any

housewife should do in the interest of better diet; use those juices instead of water when basting meats, making gravy, or cooking stews and pot roasts.

When making an aspic salad, use vegetable juices instead of water. Or drain the vegetable, boil down the water until only a tiny bit remains and pour it back over the vegetable for serving.

### BUTTERSCOTCH SPANISH CREAM

Follow recipe for Spanish Cream using 1/2 cup brown sugar instead of white sugar and adding 2 tablespoons butter. Melt butter and sugar together and cook until a rich brown color. Add to hot milk. Finish as Spanish Cream, folding in stiffly beaten egg whites instead of meringue.

## Lamb Shanks For Economy Minded

Economy minded or not, our family will relish plump lamb shanks stuffed with steamed barley, then braised and served browned. Here is the recipe:

- 6 lamb shanks
- 2 tbsp. lard
- 2 cups water
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/2 lb. barley

Brown the lamb shanks in hot lard. Add water and season with salt and pepper. Cover and simmer until tender, about one and one-half hours. Remove the meat from the broth. When cool enough to handle, remove the bones. Cook barley in lamb broth, adding water as necessary. Stuff boned shanks with cooked barley. Place in kettle. Add gravy made by thickening with lamb broth. Cover and heat thoroughly.

## Cost Per Pound Not Whole Story

The cost of food per pound is not the whole story... the cost per serving is equally important. Market conditions will sometimes make it evident that grapefruit is a better "buy" than oranges for juice, since it yields more glasses.

Similarly, stewed chicken with plenty of thick gravy for the rice or biscuits or dumplings served with it may furnish more servings than the same number of pounds of chicken roasted.

## More About Sugar

When tempted to regret sugar rationing, stop and consider: It's true that refined sugar contains energy, but the unrefined molasses and cane syrups furnish as much some iron and calcium in addition.



## CANADA'S HOUSSOLDIERS ARE SERVING THE NATION

BRINGING ALL THEIR SKILL and KNOWLEDGE TO THE JOB OF FEEDING THOSE WHO WORK FOR VICTORY

Canada's "Food for Fitness" Campaign is telling Canadian housewives how to promote better health and fitness by serving the right foods.

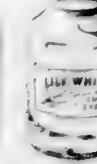
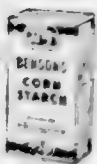
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## Vegetables Can Be Main Dish For Good Meal

Vegetables need not always take a secondary role as the mere accompaniment and extender of more costly meat. Many a delightful meal turns the tables, and features the vegetable instead, making economy and meal enjoyment go hand in hand.

A big stuffed baked potato, topped with two or three little brown sausages, is a meal in itself. Fried omelette with crisp bacon makes a main dish for luncheon.

The lovely spinach puts on airs when it becomes a spinach ring with beaten eggs to enrich the flavor. Fill the centre of this ring with creamed tuna or salmon.

Other vegetables such as carrots or tomatoes, can be substituted for the spinach. Or if a ring is too much trouble, make individual servings in large muffin tins.

### BAKED BEANS

Baked beans, economical and nutritious, should be served in style in the best casserole, whether home baked or out of a can. Add a salad and dessert, and there's your meal. Or substitute chili con carne for a change.

Tomatoes and cheese have a natural affinity. Broil the tomatoes in thick slices and lay them on toast. Pour cheese sauce or rarebit over them and garnish with bacon curls.

Stuffed green pepper or stuffed tomato takes the stellar role in a vegetable plate. Vary the stuffings by using corn occasionally instead of ground meat. Or serve the corn in fat, crisp corn fritters and pass the syrup.

You'll have a meal that's good for you at a cost you can count in pennies.

### WAFFLES

- 2 cups pastry flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1 1/4 cup milk
- 1/3 cup melted butter

Sift dry ingredients. Separate whites from yolks of the eggs. Beat yolks in mixing bowl. Add milk and continue to beat with egg beater. Add the sifted dry ingredients, beat with egg beater until smooth. Add melted butter, stirring it in with a spoon. Bake in waffle iron as directed.

### DOUGHNUTS

- 2/3 cup sugar
- 3 tablespoons butter
- 2 eggs
- Flour to make a soft dough—about 3 cups
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2/3 cup milk

Cream butter, add sugar gradually and then add eggs, beaten well. Sift dry ingredients and add alternately with milk to egg mixture. Roll out dough as soft as can be handled. Cut with cutter and fry in hot lard. Drain on crumpled paper and brush with honey. Makes about 40 doughnuts. Let doughnuts stand 1 hour after cutting before frying.

### SQUASH PIE

- 2 1/2 cups steamed, strained squash
- 1/2 cup sugar
- 1 teaspoon salt
- 1 1/4 cups milk
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1 egg, slightly beaten

Mix sugar, salt and spices with mashed squash. Beat egg, add milk and combine mixtures. Bake in uncooked shell at 400°F for 10 minutes, then reduce temperature to 350°F and bake until set . . . about 40 minutes. Garnish with whipped cream and preserved ginger (if available).

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## Noted Health Authority Says Use More Fruit

Fruit contributes so much to the well-being of people young and old that a nutritionist says it is not possible to overeat fruit.



Essie Elliott

Dr. Elliott, a noted health authority, says that fruit is a most important food for the formation of teeth and maintenance of good dental health.

Dr. Elliott, who is a member of the Canadian Dental Association, says that fruit is a most important food for the formation of teeth and maintenance of good dental health. She says that fruit is a most important food for the formation of teeth and maintenance of good dental health.

### ORANGES USED

Dr. Elliott says that oranges are a most important food for the formation of teeth and maintenance of good dental health. She says that oranges are a most important food for the formation of teeth and maintenance of good dental health.

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## Salads Help You To Include More Fruits in Menus

To avoid food monotony and to be certain that each member of the family gets the best of everything, salads are a most important part of the menu.

Dr. Elliott says that salads are a most important part of the menu. She says that salads are a most important part of the menu.

Dr. Elliott says that salads are a most important part of the menu. She says that salads are a most important part of the menu.

## For the Man Who Brings Home the Bacon



What goes into the lunchbox he carries to mid-day or mid-night work meal rises to a new level of importance during these days of war when strength and health of civilians also contributes to Victory

## Send Health Strongbox Designed to Accompany Man of House to Work

By DOROTHY AMES CARTER

For generations the lunch box has accompanied children to and from school; the working man to and from work. But never in history has it held the important position as it now holds in our Nutrition-for-Health-for-Victory campaign.

Adequate nutrition is more important to the school child than school itself. To the school child, as to the working man, lunch is the most important meal of the day.

No one can deny that the lunch box is a most important part of the menu. It is a most important part of the menu.

Dr. Elliott says that the lunch box is a most important part of the menu. She says that the lunch box is a most important part of the menu.

Dr. Elliott says that the lunch box is a most important part of the menu. She says that the lunch box is a most important part of the menu.

Food that goes into the noon-day lunch must be nourishing and appealing. Save your mayonnaise and jelly jars and fill them with goodies that will keep your away-from-home at lunchtime family healthy. Pack the box attractively, balancing moist and dry foods. Food wrapped in wax paper will keep the box free from food stains.

### VARY WITH HOT SOUP

In making sandwiches, use good bread and make a firm, dry, and crisp salad. Use only a minimum of mayonnaise or soft butter on bread. Vary the diet by packing a steaming hot cream soup into a thermos bottle one day and a fresh fruit salad into an empty jelly jar the next.

Meat forms the basis around which the rest of the meal is planned. Vary the meat sandwich—include a meat salad—but always include no less than two hearty sandwiches for each lunch. And remember that the actively growing child needs just as much good food as the hard working man.

### FAVORITE SANDWICH

The favorite sandwich for school child or working man is the ham, beef, or turkey sandwich. Spread slices of day-old bread with a mixture of half mayonnaise and half mustard. Topped with a leaf of crisp, dry lettuce, chopped pickle and a thick slice of baked ham, this sandwich is the making of a healthy, hearty meal. With the ham sandwiches pack a bottle of potato salad, an orange, a jar of milk and fruit pie.

Just because the lunch must be packed is no reason pies cannot be included. Make individual tarts, they pack easier than the sliced variety. In making a fruit pie, add a little unflavored gelatine to the juice so it will be easier to eat and keep well until the twelve o'clock whistle.

### MEAT LOAF SANDWICHES

Another combination appealing to any appetite is the cold sliced meat loaf sandwich. Slice cold meat loaf thick, spread rye bread with butter, add slices of raw carrot, sliced meat loaf and top with second slice of buttered rye bread. Creamed soup, retain the heat longer, so into the thermos bottle goes a cup or so of steaming hot cream soup. A warm banana milk, strips of raw celery and melbaise, cookies, compote, well rounded lunch box for this day's meal.

### Dish For Epicures

Any carded lover in the kitchen will find a most interesting and have a dish for epicures!

## SALADS THAT ARE DIFFERENT

### Vegetable Salads

#### BAKED BEAN SALAD (serves 6)

- 2 cups baked beans
- 1 cup chopped celery

Serve on lettuce with Thousand Island Dressing.

Thousand Island Dressing—Add 1/2 cup chili sauce, 1 tablespoonfuls green pepper, 2 tablespoonfuls chopped olives to foundation recipe for boiled dressing or mayonnaise.

#### CARDINAL BEET SALAD (serves 6)

- 1 package lemon jelly powder
- 1 cup boiling water
- 1/2 cup beet juice
- 3 tbsp. vinegar
- 2 tsp. onion juice or grated onion
- 1/2 tsp. horseradish
- 1/2 cup celery diced
- 1 cup cooked beets
- 1 tsp. salt

If genuine lemon instead of jelly powder, use 2 tsp.

Dissolve jelly powder in boiling water. Add beet juice, vinegar, salt, onion juice and horseradish. Chill. When slightly thickened, fold in celery and beets. Turn into mould. Chill until firm. Unmould on crisp lettuce. Serve with salad dressing.

#### QUICK CABBAGE SALAD (serves 6)

- 1 quart of cabbage finely shredded
- 1 cup of green pepper, minced
- 1/2 cup sweet pickles, diced
- 1/2 cup sugar
- 2 tbsp. prepared mustard
- 1/2 tsp. salt
- 3/4 tsp. vinegar
- 1/2 cup cream, sour or sweet
- Black pepper

Mix the cabbage with green pepper and pickles. Combine the sugar, salt, vinegar, cream, mustard and pepper and pour over the cabbage. Blend well and serve at once.

#### COLE-SLAW Sour Cream Dressing (serves 8)

- 4 cups shredded cabbage. Let stand for 1/2 hour in cold water. Mix together one cup thick sour cream and two tablespoonfuls sugar. Remove cabbage from water, drain well. Add two tablespoonfuls vinegar and the cream and immediately combine with the shredded cabbage.

#### PEA LOAF WITH CARROT DRESSING (serves 4)

- 1/2 cup cracker or bread crumbs
- 1 cup pea pulp (puree)
- 1 egg, beaten
- 1/2 cup sugar
- 2 tbsp. chopped nuts
- 2 tbsp. milk
- 1/2 tsp. butter

Mix press into individual moulds and steam 1/2 hour. Chill.

#### NEW ENGLAND POTATO SALAD (serves 6)

- 2 cups cold dried potatoes
- 1 cup celery, chopped
- 1/2 cup boiled dressing
- 1 small onion, minced
- 2 hard cooked eggs, chopped

Mix and serve on crisp lettuce, garnish with chopped parsley and dots or wedges of hard cooked eggs.

Peppers cooked in their skins and placed in the salad make the best flavored, most nutritious salad.

## Rationing Food Stern Reality For Housewives

Rationing of foods as well as of tires and motor cars has come to Canada. Sugar, butter, tea and coffee were the first things to be rationed as a war measure. There no doubt will be others.

Already the defence need for tin will soon have an effect on some of the foods she used to buy in cans.

Rationing in the fertile land of Canada however need be no cause for alarm to the housewife. In a democracy, rationing is but a device "to see to it that you get your share, and that the other fellow doesn't get more than his share."

Rationing may perhaps be more clearly stated in terms of the housewife as "keeping house on a national scale."

In any event rationing in this country is hastened by "share buying" which is a rationing board. There is plenty of food and the rationing for its distribution is working well. Patriotic housewives will buy foods as needed but not for hoarding. When foods are rationed of necessity, "your share" will be available at your favorite grocers.

### TIN SHORTAGE

Shortages of tin affecting canned goods will not be felt for quite some time yet. Meanwhile the ingenuity of Canadian industry is turning out new, and in many cases improved types of packaging for foods that once came in tins and to the processing of food, which was using old favorites and are turning out interesting new forms.

Food processors are collaborating in the government's nutrition program. Soon new packaging for foods may be expected to carry labels telling how that food in combination with other foods may be used to produce the most nutritious meals with an eye to economy.

Smart mothers and ayes will read their newspapers diligently day by day from now on to keep posted on the amazing developments of these war time rationing. It will be so helpful to them in making healthful and economical plans for their families.

## Being Thrifty Using Bread

Here are some recipes that will help you use bread better.

### THRIFTY FRENCH TOAST

Use up 5 to 6 slices of leftover Canada Approved white bread by dipping them in a mixture of—

- 1 cup milk
- 1 egg, beaten
- 1 tablespoon corn syrup
- 1/2 teaspoon salt

Brown slices on both sides in frying pan in small amount of fat. Spread with marmalade, jelly or preserves and serve as a dessert.

For a hot breakfast dish, make French Toast omelette the corn syrup from the milk and egg mixture. Serve with bacon or sausages, and syrup on a platter for those who wish it.

### MEAT LOAF IN JACKET

This recipe illustrates the use of both soft bread crumbs and fine dry type. The "jacket" makes it an interesting novelty.

#### 1 1/2 cups soft Canada Approved bread crumbs

#### 1 1/2 lbs. beef, ground

#### 1/2 lb. sausage meat

#### 1/2 cup milk

#### 1 egg

#### 1 teaspoon salt

#### 1/2 cup green pepper

Mix all ingredients together. Shape into a loaf, place in roasting pan and bake in a hot oven, 400 degrees F., for the first half hour; then reduce heat to 375 degrees F., pour a little hot water into bottom of pan and bake 1 hour longer. Remove from oven and partially cool. Mix the following ingredients together to make the "jacket":

#### 1 cup fine dry bread crumbs

#### 1/2 cup grated Amer. cheese

#### 3 tablespoons melted butter

#### 2 tablespoons milk

#### 1/2 teaspoon salt

#### 2 eggs, well beaten

Cover the outside of the meat loaf with this mixture. Bake in a hot oven 400 degrees F., until brown about 30 minutes. Serves 6.

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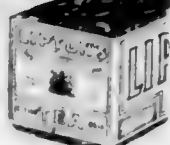
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## Now Is Time to Lean More Heavily on 'Staff of Life'

In times of war, bread, the Staff of Life, always looms up more important than ever. In desolated countries, white bread becomes the greatest of luxuries when obtainable at all. In countries such as ours, blessed as we are with sufficient wheat and with great modern facilities to bake our bread for us, the use of bread becomes a matter of convenience.

ECB bread is one of our best. It is made from the finest wheat, is soft, with pleasant flavor, and is full of nutrition. It is also a flavor bread, like many others, and is very good for you.

The old wives' tale about "stale" bread being easier to digest than bread fresh-baked has long ago been proven untrue by scientific research. ECB bread for sandwiches, and for table use, should be purchased from your grocer or confectioner on the day it is to be used. If possible, as slices are taken out for serving, wrap up the end of the paper wrapper tightly before you put the loaf away in the breadbox; this keeps it fresh for your breakfast toast.

When you sit at the table, wait until the very last minute to take the bread out of the wrapper and put it on the table. And don't forget to stretch your bread. It will serve at least two types of bread—say, enriched ECB Canada approved white bread and Fruit Loaf bread, or enriched ECB Germ of Wheat variety.

### TO STRETCH LEFTOVERS

In these days, when all of us are anxious to avoid waste of any kind, bread comes to the aid of leftover leftovers. Put dabs of meat and

Continued on Page 14

## ECB Bread to Suit Every Taste, Any Diet



VARIETY BREADS MEAN GOOD EATING, and ECB offers a wide choice to tempt the family's appetite. Ready for service, left to right, above, are Rye Bread, Whole Wheat, the newest of all tender white Canada approved bread enriched with the morale vitamin and food mineral iron; Germ of Wheat and Fruit Loaf Bread.

SOLD AT ALL GROCERS

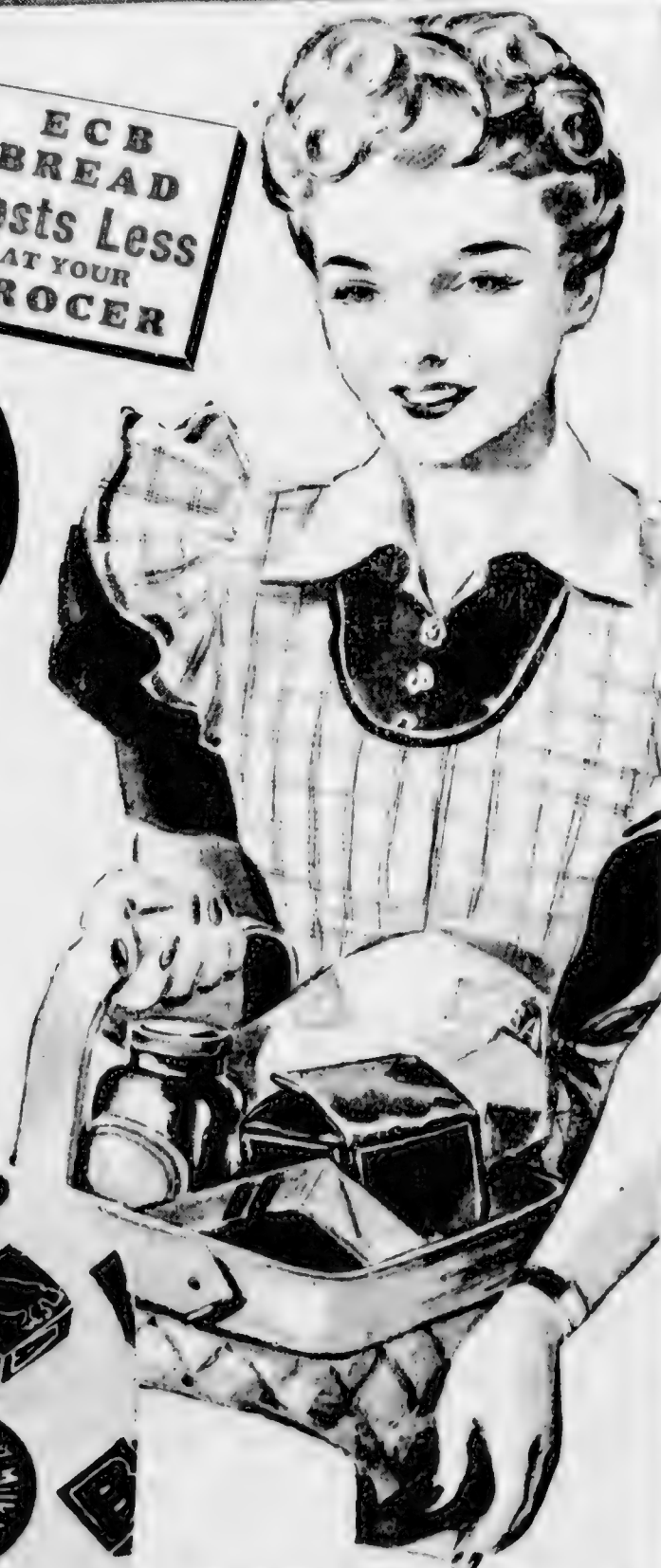
# CANADA APPROVED BREAD

## Vitamin 'B'

ECB was the FIRST to introduce CANADA APPROVED Vitamin "B" BREAD in Edmonton. CANADA APPROVED means that ECB white bread contains something EXTRA that is GOOD for you... EXTRA vitamins and minerals that you can neither see or taste. Canada's nutrition program calls for this IMPORTANT VITAMIN "B" in your diet... a prolonged lack of which can mean serious illness. Ask for ECB CANADA APPROVED Bread at your grocers for wholesome goodness.



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Local Col. George B. McLeod  
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Sales Manager.

BUY FROM YOUR GROCER



### Wartime Recipes Reproduced from the Woodland Dairy Cook Book

#### SCALLOPED VEGETABLES

Use 3 cups cooked vegetables—cabbage, potatoes, corn, spinach, asparagus, carrots, peas and beans.

Use a combination of vegetables as follows:

- 1 1/2 cups carrots and 1 1/2 cups peas
- 1 cup peas, 1 cup carrots, 1 cup potatoes
- 1 1/2 cups corn and 1 1/2 cups potatoes
- 1 1/2 cups corn, and 1 1/2 cups green beans

#### SCALLOPED MACARONI, SPAGHETTI, NOODLES, RICE

Use 2 cups cooked macaroni or spaghetti and 1 cup corn.

Use 1 1/2 cups cooked spaghetti, macaroni or noodles, and 1 1/2 cups meat or fish.

Use 3 cups cooked rice.

Use 1 1/2 cups cooked spaghetti or macaroni, 1/2 cup mushrooms and 1 cup meat or fish.

#### Creamed Dishes

Any of the foods suggested for scalloped dishes may be served creamed using the same proportion of sauce and solid food. In making a creamed dish the chopped meat, eggs or whatever is being used is carefully added to the cream sauce and thoroughly heated. Creamed mixtures may be served on toast points, in croissants, in split tea biscuits, in patty shells or in rings of mashed potato. Chopped parsley, grated cheese or paprika makes a simple but effective garnish.

#### CORN SOUFFLE

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 2 cups canned corn
- 1 1/2 teaspoons salt
- Few grains pepper
- 3 eggs

Melt butter. Blend in flour and mix until smooth. Add milk gradually and cook until mixture thickens, stirring constantly. Add corn, salt, pepper and well beaten egg yolks. Fold in stiffly beaten egg whites. Turn into buttered baking dish and bake in moderate oven (350°F) about 30 minutes. Serve immediately.

#### Staff of Life

#### More Important At Present Time

Continued from Page 13

vegetables together with salad dressing and serve them forth in the form of toasted sandwiches. Or serve them piping hot on slices of bread with well-seasoned gravy over all.

Learn the trick of using bread crumbs in your recipes to help "extend" your main dishes. Many inexpensive cuts of meats gain in volume and flavor when stuffed with a well-seasoned bread dressing.

And while we're on the subject of crumbs, there are two types to use:

First, the fresh soft large bread crumbs which you prepare by tearing apart slices of bread (sometimes by dicing the slices with a knife); these are the crumbs to use for building volume, or for making bread puddings.

The second type is the fine, dry bread crumb that's so handy for breading meat and fish, for croquette coating, for topping au gratin dishes and for a dozen other uses. To make these crumbs, use dry bread (left-over slices may be dried in the oven); then fasten a paper bag over the mouth of your food-grinder, tying it with string, and put the dry bread through the grinder. The fine dry crumbs will be collected in the bag without a bit of mess.

With so many ways to use your bread as an "ingredient" in your cooking, there's no need to waste a single slice, no need either to serve bread on your table that isn't oven-fresh from the store.

#### HAM SOUFFLE

- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups milk
- 1/2 teaspoon salt
- 1/2 cup bread crumbs
- 2 cups minced cooked ham
- 3 eggs
- Pepper and paprika

Make a sauce by melting butter, stirring in flour and adding milk slowly. Cook until mixture thickens. Add salt and crumbs. Cool sauce slightly and add ham and slightly beaten egg yolks to sauce. Carefully fold in stiffly beaten whites of eggs. Turn into well buttered baking dish. Bake for about 45 minutes in a moderate oven (350°F). Serve at once.

#### CHICKEN SOUFFLE

To make chicken souffle follow above recipe using 2 cups minced cooked chicken in place of ham. When making sauce 1 cup chicken stock and 1 cup milk may be used as liquid.

#### CHICKEN A LA KING

- 3 tablespoons butter
- 3 tablespoons flour
- 1/2 cup chicken stock
- 1 1/2 cups rich milk
- 2 cups cooked chicken diced
- 1 cup cooked mushrooms
- 2 tablespoons pimento, chopped
- Salt and pepper
- 2 egg yolks

Melt butter. Blend in flour. Add chicken stock and milk. Stir constantly until mixture thickens. Add chicken, mushrooms, chopped pimento and seasonings. Heat thoroughly. Pour some mixture over beaten egg yolks. Add to mixture and cook 2 minutes. Serve on hot toast or waffles.

#### EGGS A LA KING

- 3 tablespoons butter
- 2 tablespoons minced onion
- 1/2 cup mushrooms, sliced
- 1 tablespoon chopped green pepper
- 3 tablespoons flour
- 1 1/2 cups milk
- 2 tablespoons chopped pimento
- 6 hard-cooked eggs
- 1 egg yolk
- Salt and pepper

Cook onion in butter 5 minutes. Add mushrooms and green pepper and cook until mushrooms are delicately browned. Blend in flour. Add milk and cook, stirring constantly until mixture thickens. Cook 10 minutes. Add pimento and hard-cooked eggs cut in quarters. Pour some of sauce over beaten egg yolk and stir into sauce. Cook one minute. Serve on toast. One-half cup green peas may be added in place of green pepper and pimento.

#### Casserole and Stew Dishes

##### SPANISH BEANS

- 1 onion, chopped
- 1 green pepper
- 2 tablespoons butter
- 1 1/2 cups grated cheese
- 2 cups canned tomatoes
- 1 teaspoon Worcestershire sauce
- 2 cups cooked, dried beans
- Salt, pepper and a dash of cayenne pepper

Fry onion and green pepper in the butter, add tomatoes and cook slowly 10 minutes; add beans and seasonings and simmer slowly 20 minutes. Put beans and grated cheese in alternate layers in a casserole, bake in a moderate oven (350°F) for 20 minutes. Serves 6 generously.

##### BRAISED OX TAILS

- 1 ox tail (2 lbs.)
- Flour
- 1/4 cup cooking fat
- 1 1/2 cups water
- 1 1/2 cups canned tomatoes
- 1 teaspoon salt
- 1 clove garlic, chopped finely (optional)
- 1/2 teaspoon pepper
- 1 teaspoon celery salt
- 4 whole cloves
- 1 bay leaf
- 4 medium-sized carrots diced
- 2 small onions, chopped

Wash the ox tail and cut in 2-inch lengths. Soak in cold water for 2 hours. Drain and pat dry. Sauté in the fat until well browned. Add water, tomatoes and seasonings. Bake in a covered casserole for 2 hours at 350°F. Add carrots and onions in last hour.

### Potato Surprise



Meat in itself is this recipe for a surprise treatment of baked potatoes. Scoop out hot baked potatoes. Mash with milk and melted butter. For each potato add two tablespoons of ground salmon. Refill shells, brush top with melted butter. Brown in oven and serve to a delighted family.

#### BRAISED LAMB HEARTS

Allow one lamb heart to each person. Wash thoroughly in warm water and remove veins and arteries. Stuff the cavities with a savoury bread dressing. Dip the hearts in flour and brown on all sides in a small amount of cooking fat. Place the hearts in a casserole season with salt and pepper and add a small amount of liquid (water, stock, canned tomatoes or vegetable water). Cover closely and cook in

a slow oven 300-325°F until tender, about 1 1/2 hours.

#### CHEESE PUFFIT

- 1 cup left-over cooked meat
- 1 teaspoon minced onion
- 2 tablespoons butter
- 2 1/2-inch slices soft bread
- 1/4 pound fresh yellow cheese
- 2 eggs, separated
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1 1/3 cups milk
- 1 tablespoon butter (additional)
- 1 tablespoon chopped parsley

Put meat and onion through the grinder. Pan-fry 2 minutes with 2 tablespoons butter, place in bottom of a greased casserole. Break bread in small pieces. Cut cheese in small thin slices. Combine bread, cheese, beaten egg yolks and heated milk. Add salt, paprika and the additional butter. Let stand at least 20 minutes. When ready to bake add parsley and fold in the stiffly beaten egg whites. Pour over meat in baking dish. Set in a pan of water and bake in a slow oven, 325°F for 45 minutes or until a silver knife inserted in the centre comes out clean. This souffle won't fall if it has to be kept warm for a short time before serving.

#### SPANISH STEW

2 lbs. veal (shoulder or other cut suitable for stewing)  
2 onions  
1 cup diced celery  
1 cup uncooked spaghetti broken into pieces  
2 cups water  
2 cups tomato juice  
Seasonings  
Wipe veal. Remove fat. Cut veal into 1 1/2 inch cubes. Roll meat in flour, brown meat and onion in

fat, taken from meat. Add water. Bring to boiling point and simmer 1/2 hour. Add remaining ingredients. Season. Simmer 1 hour longer. Thicken with a paste made of flour and water.

#### CHEESE ROAST

- 2 cups grated cheese
- 2 cups cooked kidney or navy beans
- 1/4 cup finely diced celery
- 1 teaspoon chopped parsley
- 1 egg, slightly beaten
- 2 cups soft stale bread crumbs
- 2 tablespoons butter
- Salt and pepper

Drain the beans and mash add with celery and parsley to cheese. Add egg and mix thoroughly. Melt butter in a saucepan and crumbs, mixing well and cook until slightly browned. Add crumbs to cheese mixture until thick enough to shape into a loaf. Roll the loaf in the remaining crumbs. Bake in a moderate oven 350°F until heated through and nicely browned. Serve with tomato sauce. A little minced onion may be added to the loaf if desired.

#### SPECIAL

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### Woodland's Wartime RECIPES and Food Rules

Giving fullest co-operation to Canada's Nutrition Programme, Woodland Dairy has prepared this timely booklet for Edmonton housewives, featuring CANADA'S FOOD RULES, WARTIME RECIPES (tested in Canada's Kitchen), TIPS TO SAVE SUGAR, FAMILY SHOPPING LISTS, BUYING FOOD FOR HEALTH, FOOD CONSTITUENTS.

A limited number of copies of this useful booklet are available FREE on request to Woodland Dairy Ltd.



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# ADAMS' RADIO



## Good Wholesome Food Necessary In Marching Ahead to Victory

By HOPE MORRITT

Johnny Canuck and Janey Canuck, and Johnny Doughboy and Janey Doughboy, are marching to victory in a new style these days. Behind them, and backing their effort is food, good and wholesome, chosen by experts and arranged to please.

Canada's government, Canada's army canteens and Canada's housewives are delving deep into the secret of these foods and a new era is dawning, the experts say, when nutrition will play an important part in making the man and building the army.

Assisting with this vital phase of the war effort, the Safeway Stores Ltd., which contact housewives daily through branches of their stores in Canada, have started a "Kitchen Course in Nutrition."

Already 7,000 people west of the Great Lakes have responded, and many thousands in the United States are taking whole-hearted interest, according to H. W. J. Maddison, district manager of the Safeway Stores Ltd., with headquarters in Edmonton.

Prepared by Julia Lee Wright, director of the Safeway homemakers' bureau in Vancouver, the course is studied by correspondence. It is sponsored in the four western provinces, where all branches of the Safeway Stores Ltd. are doing their utmost to interest all women.

### WRITE TO DIRECTOR

How well the methods of the course are being studied, and how well the women are doing, are being studied by the director, Julia Lee Wright, in the Vancouver office. The course is being studied by women all over the world, and all are being helped to build a stronger Canada with food.

The course is studied in ten lessons, one each week. At the end of each lesson, a short examination is sent to the director to be graded. At the end of the course, the student takes a more difficult examination, sends it back to the director, and if she passes, she is given a certificate of merit by Julia Lee Wright.

Each lesson is written clearly, in a becoming style. Vitamins, calories, minerals, food, and minerals are all dealt with in clear, concise English.

All material in the course has been checked with the nutrition service of the department of pensions and national health. The articles throughout are a condensation from a number of nutrition books.

### CAN OBTAIN SETS

Complete sets of the entire ten lessons may be obtained at one time by any group wishing to use the "Kitchen Course in Nutrition" as a text book for class work. The sum of 25 cents must be sent for each set of lessons desired. A teaching guide, consisting of lesson outlines and suggestions for illustrative material will be included free in each group order if 25 members of any organization participate. The entire course is strictly educational, and even the men of Canada are taking an interest in it.

Working under Miss Wright is a staff of graduate specialists in nutrition, food chemistry, home chemistry and home economics. There are also experts in cooking, entertaining and general housekeeping, making a complete organization of 35 people.

### Long Distance Ham

To make a little ham go a long way, cut it up in a white or cream sauce which has been seasoned with a speck of dried mustard. Some like to add Worcestershire sauce as well. Serve over macaroni, spaghetti or noodles.



## Use Left-Overs For Making Soups

The time is now at hand when it is considered extravagant and wasteful not to use all the scraps and left-overs in the refrigerator to make hearty and sustaining soups.

Whenever buying beef or veal, it is wise to ask the butcher for an extra bone to be used with the left-overs. Save everything! Once or twice a week, fill up the soup pot.

For the meat flavor, use bones from steaks and roasts, gravy, trimmings, bits of left-over meat and stew. If there are not enough, a bouillon cube may be added later. Save the carcass of the cooked chicken, and the trimmings. (Some European peoples make a rich soup from the feet of the chicken—a part usually thrown away.)

Clean out the vegetable pan! Cut up the wilted leaves of lettuce and the coarse outer leaves of cabbage. Put in any celery leaves that have not already been added to a green salad, and the trimmings from the



The savory meat pie pictured above, makes something new out of left-overs, with the aid of cheese.

salad tomatoes.

Empty into the kettle that vitamin-rich jar in which you have been saving juices from canned and fresh-cooked vegetables.

Then, for fresh flavor, two or

three carrots, an onion, a stalk of celery, some parsley and perhaps a half-can of inexpensive cooking tomatoes. You'll have a soup the finest chef would not be ashamed to serve.

## "Pie" Full of Nutrition

## Stuffed Breast Of Veal Is Dish To Thrill Taste

Breast of veal lends itself to stuffing and a thrill for the family's palate. Here is a recipe for a dainty dish.

Breast of Veal  
2 cups bread or cracker crumbs  
1 small onion, finely diced  
1/2 cup finely diced celery  
1 egg, slightly beaten  
1 cup meat broth  
Salt and pepper  
1 clove garlic  
4 tbsp. melted butter

Have a pocket made in the end of a breast of veal. Make a stuffing by combining bread or cracker crumbs, finely diced onion, diced celery, seasoning with salt and pepper, and moistening with slightly beaten egg and meat broth. Pack stuffing into pocket, and fasten edges together. Place on a rack in an open roasting pan. Squeeze juice from garlic into melted butter. Brush the veal with this. Place in a slow oven (300 degrees F.) and roast until done, without adding water and without covering. It will require twenty-five to thirty minutes per pound for roasting. Brush with butter and garlic mixture frequently if desired.

## What you need to know about

# NUTRITION

How to keep your family well and strong... how to apply nutrition rules to every day meals... how to build a stronger Canada with food.

THE KITCHEN COURSE IN NUTRITION for only

Accepted by Nutrition Services, Department  
of Pensions and National Health, Ottawa

# 25c

### What You Get In The Kitchen Course In Nutrition

A plan for keeping your family well by feeding them well:

1. How to prepare good tasting meals that are as attractive as they are nutritious.
2. Ways to make your family want to eat what's good for them.
3. Basic facts and rules of nutrition, written in everyday terms.
4. Many valuable recipes and cooking suggestions.

The story of vitamins and minerals made easy to understand:

1. How to preserve vitamins in cooking.
2. How to get the most nutrition for your food money.

### Special Offer To Nutrition Classes

The Kitchen Course in Nutrition is available as a text book. In such cases all ten lessons are sent in one. With orders for 25 courses or more, a Teaching Guide is sent free for instructor's use in class discussion. "Teaching Guides" are available individually for 10c a copy. In all cases the cost of the 10 lessons of the "Kitchen Course in Nutrition" is 25c per set.

Proper nutrition is easy to understand when it is presented this way. One lesson each week for ten weeks. Ten lessons in all—more than 100 pages—of illustrated, workable plans for cooking and serving everyday meals. Important, too, these lessons are made so that they form a book for ready reference when the course is completed.

This simplified correspondence course was prepared by the Safeway Homemakers' Bureau as its contribution to the Canadian Nutrition Program. It is designed to help Canadian homemakers solve special wartime food problems. Let's "Keep Canada strong—eat the right food."

Keep your family well by feeding them well. Start by sending in the coupon shown below and enclose 25c in coin for the entire course (there is no additional expense). And tell your neighbors about this opportunity. Let's build a better, stronger Canada with food!



### MAIL THIS COUPON TODAY

JULIA LEE WRIGHT  
SAFEGWAY HOMEMAKERS' BUREAU  
Box 119, Vancouver, B. C.

I want to bring better nutrition to my family. Please enroll me in "The Kitchen Course in Nutrition," a correspondence course of 10 easy lessons. Enclosed is 25c, which I understand is the entire cost.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_

Clip this coupon  
enclose 25c  
MAIL IT  
TODAY



## England Is Proving Teacher Regarding Food Shortage

By MARY I. BARBER

The greatest lesson that we have learned from England about food shortages is one of courage. There may be resentments



Mary I. Barber

and plenty of complaints, but the housewives of Canada do not hear much about them from the women of Britain.

Letters mention the pleasure in being able to get an occasional orange or a green vegetable, but omit many references to the things which are lacking.

A visiting scientist who was in Washington recently said that it was difficult for the English people to learn to use and like certain dehydrated foods, especially eggs.

Many of us have a set of mind antagonistic to things to which we are not accustomed. Relatively few women in Canada have ever cooked with powdered eggs and might say "Well, I'm sure my family would not eat them."

Don't be too sure about anything. Lots of improvements have been and are being made in the processing of foods. There are some good dehydrated products on the market and more will be forthcoming. Years ago, people felt suspicious of commercially canned goods; today they cannot do without them.

### LESS JAM

English women have learned to get along with far less jam and marmalade. Two ounces per person per week is a short ration of this loved breakfast sweet. Sugar, too, is limited, but last summer many women saved sugar, raised berries and made jam. In Canada nearly everyone eats more sugar than is needed for spreading.

Food is plentiful and there is no reason for us to curtail as yet except in sugar. It is unwise to tell everyone to become familiar with such things as dehydrated milk, eggs, soups and vegetables and know how to prepare them.

Most families have rather set food habits which tend to make their meals follow somewhat the same pattern day after day. Possibly an effort should be made to form more liberal plans.

### MORE VEGETABLES

It is interesting to note how the soldiers in our new Army eat more and more vegetables as they become accustomed to them. Our Mess Officer says that it takes about two months from the day of induction to get a man to eat his vegetables, such as peas, beans and tomatoes. The Army menus call for at least two vegetables every day. Most soldiers, however, eat only one vegetable, such as peas, and the other is left out.

The aim of Army feeding is to make an excess of food available, but the national committee on nutrition has set up for active men.

This is done by giving them a ration of one quart of milk, one and one-quarter pounds of meat, an abundance of fruit, vegetables, both canned and fresh, cereals and fresh vegetables. Cheese is furnished at the time to time and desserts are encouraged.

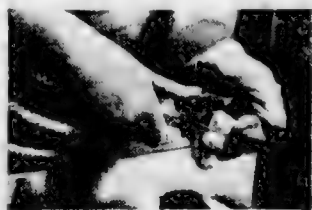
Our Army is well fed because there is plenty of food and because the officers in charge of the messes are men of intelligence and vision.

When we compare the food of civilians and soldiers now, we find the food the same, but the rationing is different. We are very fortunate in our land is learning from England.

## Opening An Oyster Easy — Here's How



1. Take the oyster in the left hand with the small end toward the body, the deep part of the shell in the palm. Tap sharply on the broad end of the oyster (the "bill") with the heavy handle of the oyster knife or with a light hammer, chipping off the thin edges of the shell. A work glove on both hands will protect from scratches and bruises.



2. This reveals the tiny crack where the shells meet. Insert the knife-point into this crack, no more than one-quarter of an inch, and push upward, lifting the upper shell slightly. Probe gently along the inside of the upper shell until your knife-point finds the muscle of the oyster. When this is severed, the top shell can easily be pried all the way back and removed.



3. Pass your knife through the lower muscle to separate it from the deep shell. Retain as much juice as possible in the shell.

The following is a list of some of the most common oyster recipes. A recipe is given for about 10 oysters. The recipe is given for about 10 oysters.

## Zam-Buk

**Will Soothe and Heal THAT FOOT TROUBLE**

ZAM-BUK EVERY NIGHT

## Food Value Found In Ice Cream Like Sweet Milk Boasts

Ice cream is one of America's favorite foods and lends itself to countless unusual and delightful combinations. Its delicate flavor and characteristic smooth, creamy texture combine well with tart fruits, crisp nuts, and velvety sauces.

With nutritionists on every hand urging the use of more milk, it is helpful to know that ice cream compares favorably in food value to milk. Ice cream, being made of milk products, contains all of the vitamins, minerals and proteins found in milk.

An average serving of vanilla ice cream (1/2 quart or 7 1/2 cups) furnishes nearly 1/6 of the calcium needed by an adult daily and generous amounts of other minerals. The same high quality proteins of milk are present in found in milk. The same high quality proteins of milk are present in found in milk.

## Richer in Sugar

The more sugar you eat, the more you need. The more you eat, the more you need. The more you eat, the more you need.

# FURNITURE In War Times

Furniture, as well as hundreds of other items, is rationed during war times. Without exception, practically every piece of Furniture you bought with little difficulty during pre-war days is now on the "hard to obtain list."

Manufacturers across the Dominion have been forced to curtail production by government edict. Many factories are engaged in war work, while still others are taking on increased assignments. Naturally this is going to reduce the furniture output.

Furniture constructed of steel or partly of steel has been drastically reduced in quantity. Springs, mattresses, chesterfield suites, etc., have consequently been limited in their availability to retailers. Some products such as radios, washing machines and electric refrigerators have long since ceased to be manufactured.

Despite all this, **STERLING FURNITURE Limited** in Edmonton, is doing its utmost to serve you and serve you well. While our stocks are not depleted to such an extent as to be alarming, they are, it can be truthfully stated, not as large as in past years. (This is true of practically every furniture store in Canada)

**STERLING** buyers are constantly scouring the markets of Canada — buying furniture when it is available, in order that our stocks are kept somewhere near their pre-war standards. War emergencies will bring new ways of making things, but rest assured that if they are offered to you at **STERLING**, you can depend on them.

Our policy of endeavoring to do everything possible to give customer satisfaction is being maintained under difficult circumstances. All that we ask is that you bear with us if at any time we are not able to immediately fill your order.

We want to assure you, that as furniture is available from the manufacturers, we will display it in our showrooms for your selection.

What about "Sterling Better Values?" Yes, they will be continued as a regular feature of

# STERLING

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DEPT. STORE LTD. 101ST. EDMONTON

## Cheese Gains Favor With Versatility and Economy

Cheese is one of the most versatile foods — for it fits into every course from the first or appetizer to the grand finale, dessert. It deserves a place in every home as a household staple because of its usefulness in economical meal planning.

Because there is little or no fat in preparing cheese for the table, it is a convenient as well as an economical food to serve.

For flavor and texture to suit every taste—mild, or sharp, or hard—cheese is both versatile and highly nutritious.

Wholly aside from the fine foods to many foods when one of the ingredients, its goodness as a concentrated protein food containing most of the food nutrients found in milk is well known.

For the cheese ranks with milk as a source of efficient nutrition. It is the only food that contains all the essential amino acids for the body. But it is the calcium in cheese upon which nutritionists look with special favor. Cheese is also a good source of vitamin B and is rich in vitamin A.

For the cheese ranks with milk as a source of efficient nutrition. It is the only food that contains all the essential amino acids for the body. But it is the calcium in cheese upon which nutritionists look with special favor. Cheese is also a good source of vitamin B and is rich in vitamin A.

## Spanish Chicken Recommended to Please Gourmet

Spanish chicken is a gourmet delight that you can make economical. There are two ingredients in the following recipe that can be bought in any grocery store, but why not have them your own food value? Here's the recipe:

- 2 lbs. chicken
- 1 large onion, sliced
- 1 can tomatoes (No. 2)
- 1 cup pure molasses
- 1/2 cup vinegar
- 1/2 cup oil
- 1 carrot, diced
- 1 green pepper, diced
- 1 can mushrooms, drained
- optional: 1 can peas, drained
- optional: Dash of pepper
- Paprika

Dress clean and cut the chicken in pieces to serve. Season with salt and paprika. Fry in hot fat with onion and brown. Add to pan the tomatoes, carrots and pepper. Cook and simmer until tender about 1 hour. Before serving, add molasses, vinegar and seasonings. Make a gravy with the chicken stock.

### CORN RAREBIT

- 2 tablespoon butter
- 1/4 cup diced green pepper
- 1/4 cup flour
- 1 1/2 cups milk
- 1 lb. American cheese
- 1 cup whole kernel corn, drained
- 1/2 to 3/4 teaspoon salt

Melt butter, add green pepper, and simmer for 10 minutes over very low heat. Blend in flour, add milk, cook until thickened, stirring constantly. Add cheese, cut in small pieces, and continue stirring until melted. Add corn and salt, and heat thoroughly. Serve immediately on toast squares or crisp fried noodles. Serves 4.

### SWISS RICE CASSEROLE

- 1 tablespoon butter
- 1 1/4 cups milk
- 2 cups cooked rice
- 1/4 lb. Swiss cheese, grated
- 1/2 teaspoon salt
- 1/4 teaspoon dry mustard
- 2 eggs, beaten

Combine butter, milk and cooked

## Here's a "Skin Game" That Will Pay You Handsome Dividends

From now on all of us will be less wasteful with the foods we buy and will think a second time before throwing any of it away. Make a game of saving, and see how many uses you can find for bits of scraps—even skins! Because the skins of many fruits can be put to good use.

Before you squeeze that next lemon or orange, grate off the yellow part of the skin. Steep it in the hot water for your fruit gelatine, and use your own judgment as to whether you care to leave it in or strain it out after the flavorful oils have done their work. Either way is good. Or steep it with your tea for iced tea.

Instead of grating, you might cut thin strips of the yellow part only to mix in dressings for fruit salads.

The peels of citrus fruits, you'll remember, can be cut into strips and candied (sugar supplies permitting) to make a tasteful and inexpensive sweet.

In the skin of the apple lies much pectin, that substance which causes jellies to jell.

Generations of Canadians have praised the thrifty and delicious pickle made from watermelon rind.

If a pineapple comes into your kitchen, cook the eyes and skin in a syrup to sweeten long cold drinks.

And don't forget to preserve nutritive elements that lie next to the skin of vegetables by cooking them whole and peeling later.

rice in double boiler and heat to Pour into buttered casserole and scalding. Add cheese; when melted, remove from heat, add salt and mustard, and fold in beaten eggs. Bake in a moderate oven (324d F.) for about 45 minutes, or until firm and golden brown. Serves 6.

## Spareribs With Barbecue Sauce For Epicureans

Spareribs will prove a new and thrilling delight for anyone who appreciates the thrill of taste, when you serve them with barbecue sauce. Do it this way:

Cut spareribs into sections for serving. Brown under the broiler or in a hot oven. When nicely browned, pour the barbecue sauce over them and cook in a moderate oven until thoroughly done, about one hour. Here's how to make the sauce:

- 1 medium onion
- 2 tbsps. butter
- 2 tbsps. vinegar
- 2 tbsps. brown sugar
- 4 tbsps. lemon juice
- 1 small bottle catsup
- 1 tsp. Worcestershire sauce
- 1/2 tsp. mustard
- 2 cups chopped celery
- 1/2 cup water
- Salt and pepper

Dice the onion and brown it in melted butter. Add the remaining ingredients and simmer until slightly thickened. Pour over the browned spareribs.



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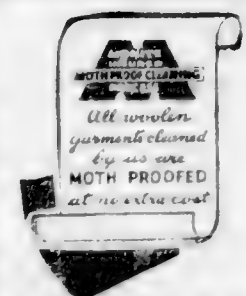
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## My Favorite Low Cost Meal

## Featuring Leftovers

By KATHRYNE WELLINGBROOK

Putting appetite-appeal into a budget meal, built mainly around leftovers, is something of a challenge—but it's fun! Success depends, first, on your mental attitude. If you think in terms of "warmed-over food," dismal will be the results.

Plan your meal instead, with all the interest and care of an Oscar-of-the-Waldorf. And here are a few tricks to help:

(1) Season individual dishes cleverly, and balance flavors throughout the menu. (2) Include contrasts in food textures. (3) Use inexpensive bread to extend other foods. (4) Serve something well-chilled, either first or last on the menu.

The dinner outlined below shows how leftovers can be combined to make an interesting meal that is also nutritionally correct.

## DINNER FOR FOUR

Soup du jour with Croutons  
Pink Rabbit Casserole  
Corn and green beans with crisp bacon crumbs  
Hot assorted rolls  
Pound Cake Melba  
Beverage

"Soup du jour" is just an elegant way of saying "soup specialty of the day." In this particular case it means leftover soup, or a small can of condensed soup, stretched to serve everyone by the addition of vegetable water from leftover canned or cooked vegetables.

To give the soup more body, heat the vegetable water separately, add a little milk if you want the soup "creamed." Crumble into it 1 or more slices of bread, and cook, stirring over a low flame, until the mixture is smooth. Then blend it into the leftover soup.

Crunchy croutons, heated on the soup supply gamour as well as texture contrast. To make them, cut slices of bread into cubes, or cut out small fancy shapes with a fancy cutter, and toast them to



Bread transformed into crunchy croutons add thrifty gamour to soup.

crispness in a moderate oven or fry them in a little fat. Sprinkle the croutons on top of each portion just before serving.

## PINK RABBIT CASSEROLE

- 6 slices enriched bread
- 1/2 lb. American cheese
- 2 eggs
- 2 cups tomato juice
- 1 tablespoon minced onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon mustard

Cut bread and cheese into cubes and arrange in alternate layers in a greased baking dish. Beat the eggs slightly, add the tomato juice, onion and seasonings. Pour mixture

over the bread and cheese, bake in a moderate oven, 375° F. for 30 minutes.

The hot assorted rolls, listed on our menu should help to clear your bread box for a fresh supply in the morning. If you have a few left-over sweet buns and rolls, sprinkle them lightly with water, pop them into a paper bag, and heat them to tender freshness in the oven.

"Pound cake melba" made of left-over fruit and cake is one of my favorite desserts. Toast slices of plain cake lightly in the oven, and serve, or topped with icy cold canned or stewed fruit and plenty of juice. Deep red canned plums on the cake are beautiful to see, but well-stewed prunes or apricots, with rich juice, will do very nicely.

## CARROT AND HONEY COOKIES

- 2 cups sifted flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 cups quick-cooking rolled oats
- 1 cup raisins
- 2/3 cup butter
- 1 cup grated carrot
- 1 cup honey
- 2 eggs, well beaten

Mix dry ingredients. Cream butter. Stir in carrots, then honey and eggs. Then gradually add the flour mixture. Drop from a teaspoon onto a greased pan and bake at 350° for 25 to 30 minutes. Yield: 5 to 6 dozen cookies.

## Human Beings Require Milk Regular Diet

Though every child should have his quart of milk each day, many rebel at drinking so much. Though every adult should have his pint, some consider it a "baby food" which they have outgrown.

Since very few people drink as much milk as is good for them, more milk needs to be used in cooking.

Cream soups may be only the beginning of a meal or a whole meal in themselves when accompanied by a wholegrain bread and a fruit dessert. This combination makes an easily prepared and well-balanced low cost luncheon.

Savory and economical dishes may be prepared from left-over bits of meat, fish or vegetables made into larger servings by the addition of cream sauce. Nor should cream sauce be overlooked in preparing vegetables for dinner. All the cabbage-type vegetables are especially delicious when mixed with cream sauce and lightly topped with browned bread crumbs and cheese mixture.

## LEFT-OVER MILK

Left-over milk may be used in making meat gravy or in casseroles with meat or in casseroles with vegetables. In fact, whenever the recipe calls for water, it may be a good idea to ask oneself whether it wouldn't be better to use

up the remainder of that quart of milk instead.

Puddings and custards, since they call for milk, should be frequent in the list of desserts.

Cheese as a substitute for milk deserves frequent servings to make up the required daily amount. Cheese fondue and cheese soufflé make good main dishes, as do the familiar macaroni and cheese, or cheese and rice. Rarebit, which is simply melted cheese with Worcestershire or mustard, can be poured over almost any sandwich, as well as served on toast.

## COPY INCREASE

The home-maker might well copy the increasing number of restaurants which serve cottage cheese mixed with a green such as chives, and surrounded by crisp lettuce

leaves. Plain ice cream, too, need not be reserved for parties only.

For those rare persons who cannot drink whole milk, buttermilk makes nutritious and highly acceptable substitute.

## ROLLED OAT COOKIES

- 1 cup butter
- 1/2 cup brown sugar
- 1 teaspoon soda dissolved in 1 teaspoon hot water
- 1 teaspoon vanilla
- 1 cup flour
- 2 cups rolled oats
- 1/2 teaspoon salt

Cream butter, sugar and vanilla. Add soda, dissolve in hot water. Mix flour, rolled oats and salt and add to first mixture. Blend thoroughly and drop by teaspoons onto baking sheet. Press flat with a fork and bake at 375-400° for 8 to 10 minutes. Yield: 4 to 5 dozen cookies.

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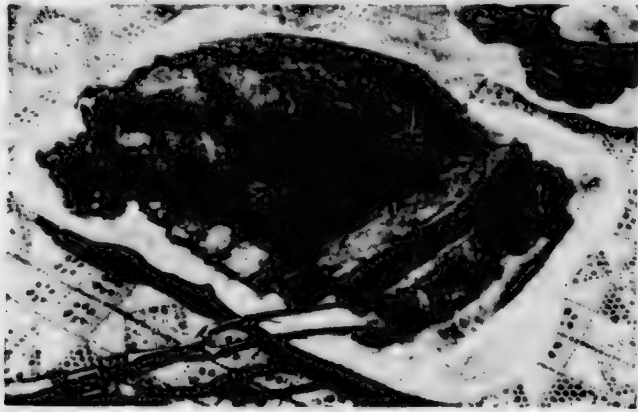
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## Delicious Dressing For Veal



Stuffed breast of veal. Rich, meaty breast of veal makes a dish fit for a king when stuffed with a delicious crumb dressing and roasted with just a touch of garlic butter.

## Low Cost Cuts, Plus Smart Cookery Equals Economy In Best Use of Meats

By INEZ SEARLES WILLSON

Mrs. Canada has a job to do and Mrs. Canada has never fallen down on a job yet! Right now she is confronted with the problem of providing meals which are nutritionally adequate, consistent with her budget, but which will be enjoyed by her family. Part of the solution to her problem may be found in the meat market and in her kitchen for low cost meat cuts plus smart cookery equals meat economy.

So many homemakers haven't even a nodding acquaintance with the thriftier meat cuts. Really getting to know how to recognize them and how to prepare and serve them will make it possible to stretch the meat dollar to the very limit.

More than 60 per cent of a side of beef is made up of less-demanded cuts. Veal lamb and pork yield their quotas of thrifty cuts. The market-wise woman will study the display cases and ask questions of her retailer about the cuts she sees there, if they are new to her—she will ask him, too, about cooking them. His culinary knowledge may surprise her.

A flair for seasoning and serving, imagination and artistry in accompaniments and garnishments are effective disguises for economy. Consider the lowly stew! The meat cut in uniform pieces, the vegetables selected with an eye to color, shape and texture, cooked to succulent goodness and tastefully arranged on a platter or crowned with golden biscuits in a pie. Here is economy with a twist.

### IF FAMILY INSISTS

If the family insists on roasts and thrift, the shoulder of lamb or veal or the end cuts of a pork loin will do very nicely in place of the more popular rib, leg and loin cuts. Modern cutting methods style these cuts into boneless rolls which may be served with pride and are a joy

to carve. Or they may be left flat and the pocket made by removing the bone may be filled with a favorite stuffing, thus adding to the serving value.

And it is well to remember that porterhouse steaks and loin end and rib lamb chops are not the only meat cuts which may be broiled. Shoulder lamb chops are equally well adapted to this quick and easy method.

### A REPUTATION

A hostess can win an enviable reputation by the way she serves ground meat. Ground beef, formed to resemble a porterhouse steak may be planked. Ground lamb, shaped into patties and edged with bacon, fit beautifully into the mixed grill of little sausages, fruits and vegetables.

Incidentally, in purchasing ground beef for loaf or patties, consideration should be given to neck, shank and flank. Grinding makes these cuts tender by breaking up the connective tissue.

Meat prices will fluctuate, so the household purchasing agent should



Mrs. Willson

## Frankfurters Come Into Foreground

Since the armed forces require so many prime cuts of beef and pork, frankfurters are one of the few items likely to be "in stock" whenever they are wanted. Frankfurters have another wartime virtue: they are extremely economical since they contain no waste.

The following recipes are ones my family use and enjoy—and they give some elegance to the lowly frankfurter.

### SCALLOPED POTATOES AND FRANKFURTERS

4 large potatoes  
1 pound frankfurters  
3 tablespoons butter  
Salt, pepper, flour  
1½ to 2 cups milk

Peel potatoes and slice ¼-inch thick. Parboil frankfurters and remove skins, slice lengthwise. Place a layer of potato slices in the bottom of a greased baking dish. Dot with butter, sprinkle with salt, pepper and flour. Add a layer of sliced frankfurters, alternate with layers of potatoes, seasonings and flour. The final layer should be potatoes. Pour warm milk to within 1 inch of the top of the casserole. Cover, bake in a moderate oven (375 degrees F.) 45 minutes. Remove cover, bake 15 minutes to brown. Approximate yield: 4 servings.

### FRANKFURTERS, PEPPERS AND ONIONS

3 tablespoons bacon fat  
8 medium-sized onions  
4 green peppers  
1 pound frankfurters  
Salt and pepper to taste

Melt bacon fat in skillet. Peel and slice onions. Remove stem

keep an eye on the market. The old law of supply and demand has not been repealed and a plentiful supply of kind or cut of meat will mean a price advantage to the housewife. She should take heed of the "specials" advertised or displayed by her retail meat dealer.

It will pay to learn to recognize a bargain at the meat counter and they can always be found by the woman who knows her meats.



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**FORT GARRY TEA**

ends and seeds from pepper and cut in thick rings. Parboil frankfurters for 1 minute and skin, then slice in ¼-inch slices. Melt fat in skillet, adding remaining ingredients, and cover. Simmer over low heat, stirring occasionally, for 30 minutes or until ingredients are tender. Yield: 4 servings.

### BARBECUED FRANKFURTERS

2 tablespoons butter  
1 onion, minced  
2 bouillon cubes dissolved in 1 cup boiling water, or 1 cup stock  
½ cup vinegar  
½ teaspoon Tabasco sauce  
1 teaspoon Worcestershire sauce  
1 teaspoon paprika  
1 teaspoon chili powder  
1 teaspoon sugar  
1 teaspoon mustard  
1 teaspoon salt

1 teaspoon black pepper  
1 pound frankfurters

Saute onion in 1 tablespoon butter until tender but not browned. Combine the stock, vinegar, Tabasco sauce and Worcestershire sauce. Add the remaining ingredients and the onion, cover and simmer for 30 minutes. Parboil frankfurters and remove skins. Slice lengthwise and brown on both sides under the broiler. Add to sauce, simmer 5 minutes. Yield: 4 servings.

### Good to the Last

Celery is good to the last leaf. Coarse outer stalks, well scraped, may be cut up for use in salads or meat stuffings. The crisp leaves of celery can be mixed with cottage cheese or potato salad, added to mixed vegetables, stews and soups.



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**FRUITS**—One serving of tomatoes daily, or of a citrus fruit, or of tomato or citrus fruit juices, and one serving of other fruits, fresh, canned, or dried.

**VEGETABLES**—(In addition to potatoes, of which you need one serving daily)—Two servings daily of vegetables, preferably leafy green, or yellow, and frequently raw.

**CEREALS and BREAD**—One serving of a whole grain cereal and four to six slices of Canada-approved bread, brown or white

**MEAT, FISH, EGGS, etc.**—One serving a day of meat, fish or meat substitutes. Liver, heart, or kidney once a week. Eggs, at least three or four weekly.

PLUS OTHER FOODS YOU WISH





### Wartime Recipes Reproduced from the Woodland Dairy Cook Book

#### WARTIME SUGAR SAVERS

These practical, wartime recipes have been "tested and approved" in Canada's Kitchen. Some are old... some are new, but all are voted good. Designed to stretch your sugar ration, each recipe calls for only a moderate amount of sugar. For example, in each of the dessert recipes, not more than 1/2 cup sugar is used. So, in a family of six, if one of these desserts is served each day during the week, the sugar used would amount to 1/2 the weekly allowance of granulated sugar or 1/3 the allowance of brown sugar. There are approximately 2 cups granulated sugar and 3 cups brown sugar per pound.

#### BLANC MANGE

- 4 tablespoons cornstarch
- 1/4 teaspoon salt
- 1/4 cup sugar
- 1/2 cup cold milk
- 2 1/2 cups hot milk
- 1 egg
- 1 teaspoon vanilla

Mix cornstarch, sugar and salt and blend with cold milk. Add slowly to hot milk in top of double boiler and stir constantly until mixture thickens. Cook for 20 to 30 minutes, stirring occasionally. Add well-beaten egg and cook 3 minutes. Remove from heat, add flavoring. Chill. Serve with Whipped Jelly Sauce.

Note: Egg may be omitted and 4 1/2 tablespoons cornstarch used. The egg yolk may be added to the pudding and the beaten egg white folded in at the last with the flavoring.

#### WHIPPED JELLY SAUCE

- 1/2 cup pure jelly—grape, crabapple, red currant
- 1 egg white, unbeaten
- Pinch of salt

Melt jelly in bowl over hot water. Add egg white and salt and beat with rotary egg beater until stiff. Cool.

#### CHOCOLATE CREAM

Follow recipe for Blanc Mange, using 1/3 cup sugar and 1 ounce unsweetened chocolate or 4 tablespoons cocoa.

#### RAISIN CREAM

Follow recipe for Blanc Mange. When cooked, add 1/2 cup seedless raisins. Use 1 teaspoon lemon extract or lemon juice as flavoring, reduce sugar to 2 tablespoons.

#### DELMONICO PUDDING

Follow recipe for Blanc Mange omitting egg yolk. Place in baking dish, spread with layer of jam or jelly. Cover with meringue made from 2 egg whites and 4 tablespoons fine sugar. Place dish in pan of hot water and bake in moderate oven (350F) until meringue is brown.

#### SPANISH CREAM

- 1 1/2 tablespoons granulated gelatin
- 1/4 cup cold water
- 3 egg yolks
- 1/4 teaspoon salt
- 2 1/2 cups milk
- 1 teaspoon vanilla
- 3 egg whites
- 1/3 cup sugar

Soak gelatin in cold water. Make a custard of egg yolks, salt and milk. Cook, stirring constantly, until mixture coats the spoon. Dis-

### My Favorite Low Cost Meal

## It's Carried to Work

By KATHERN AYRES PROPER

Accoutrements—accompaniments—accents of flavor—therein lies the secret of lunch box success! Celery, ripe olives, potato chips and stuffed fruits are among the appetizing tidbits that lend flavor interest to any menu, but are particularly enjoyed in the pack-and-carry kind.

Sidestep old dryness bugaboo when making sandwiches by using lots of spread between the bread and by choosing a raisin loaf, which stays moist and fresh longer. Raisin cookies and fruited cakes boast the same advantage.

Make use of that delightful surprise element—no two menus the same, something a little different each day. Prunes, steamed and stuffed, should hold sometimes a filling of coconut, sometimes peanut butter, marshmallow, fondant, nut meat or cheese.

When each bite is adventurous, lunching is fun!

#### MY FAVORITE LUNCH BOX MEAL

Ham and Pickle Spread  
on  
Whole Wheat Bread

solve gelatine in hot mixture. Cool and add flavoring. When mixture begins to thicken, fold in meringue made by adding the sugar to the stiffly beaten egg whites. Turn into moulds and chill.

If desired, Whipped Jelly Sauce may be served with this dessert. In this case use 2 egg whites in recipe.

#### CARAMEL SPANISH CREAM

Follow recipe for Spanish Cream. Use 1/3 cup caramel syrup (see recipe below) instead of sugar, combining it with the milk in making custard mixture. Fold in stiffly beaten egg whites.

#### CREAMY RICE PUDDING

- 1/4 cup rice
- 1/2 teaspoon salt
- 1/4 cup sugar
- 4 cups milk
- 1/2 teaspoon vanilla or
- 1/4 teaspoon nutmeg
- 2 tablespoons butter

Wash rice and boil in water 10 minutes. Drain and add other ingredients. Pour into buttered bak-

ing dish. Place in pan of hot water and bake for 2 to 3 hours in slow oven, stirring frequently during the first hour. If desired, 1/2 cup raisins may be added when pudding is nearly cooked, reducing sugar to 2 tablespoons.

#### BAKED LEMON PUDDING

- 1 tablespoon butter
- 1/3 cup sugar
- 2 tablespoons flour
- 1 cup milk
- 2 tablespoons lemon juice
- 1 tablespoon grated lemon rind
- 2 egg yolks
- 2 egg whites

Cream butter and sugar. Add flour and juice and grated rind of lemon. Add beaten egg yolks and the milk. Fold in stiffly beaten egg whites and pour into baking dish. Set in a pan of hot water and cook slowly in 350F oven until set. Test with silver knife as for soufflé. Bake for about 40 to 45 minutes. Serves 5.

#### SPICY RAISIN COOKIES

- 1 1/2 cups seedless raisins
- 1 cup drained, unsweetened apple sauce
- 1 cup butter
- 2 cups granulated sugar
- 3 eggs
- 1/4 cup dark molasses
- 5 1/2 cups sifted all-purpose flour
- 1 teaspoon salt
- 1 1/2 teaspoons soda
- 1 teaspoon allspice
- 2 teaspoons cinnamon
- 1/2 teaspoon cloves
- 1 cup chopped walnut meats

Rinse raisins, drain and dry on a towel. Cream butter, add sugar and cream thoroughly; add well beaten eggs and molasses, and mix. Add cool apple sauce and flour sifted with salt, soda, and spices, and beat. Add raisins and nuts and stir until well blended. Drop by small spoonfuls onto unoled cookie sheet, about 2 inches apart, and bake in a hot oven (400 degrees F.) about 10 minutes.

Makes about 6 dozen medium sized cookies.

Note: Flour may vary slightly due to variation in moisture or apple sauce.

#### HOT CHOCOLATE

- Method 1.
- Use 2 tablespoons Chocolate Syrup to each cup milk.
- Method 2.
- 1 square (1 ounce) unsweetened chocolate
- 3 tablespoons sugar (or more)
- Pinch of salt
- 1/2 cup boiling water
- 4 cups milk

Melt chocolate. Add sugar, salt and boiling water. Cook 5 minutes. Add hot milk. Beat until foamy. If desired, top with whipped cream or marshmallows.

#### CREAM SCONES

- 2 cups flour
- 4 teaspoons baking powder
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 4 tablespoons butter
- 2 eggs

Cream 1/4 cup butter and white sugar together. Add well-beaten egg and molasses. Beat thoroughly. Sift dry ingredients and add to mixture. Lastly add boiling water mixing quickly. Pour over apples in baking dish and bake in moderate oven (325F) until done... approximately 30 minutes. Serves 6.

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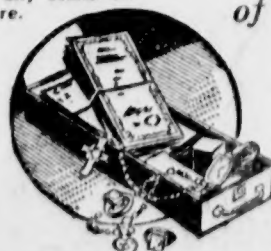
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## Six Ways to Cook Carrots Make Sure of Proper Diet

The lowly carrot has become a part of the dieticians because of its high Vitamin A content. For the very same reason it has become most favored, almost revered in England.

Its Vitamin A content helps to prevent "night blindness" which is an affliction that would immobilize a heroic RAF pilot. Vitamin A is at the same time an anti-infective and is important to growth and length of life.

It's possible to have carrots for every course. Not that one would advocate a whole meal of carrots, but they can be served in so many different ways that you never need fear to make them a part of any menu, so long as you vary the manner in which they are introduced into the meal.

They can be served as a relish, an appetizer, in soup, as a vegetable, in salads, or as a sweet. Six ways—count them!—for eating a single vegetable.

### CUT CARROTS

For a relish, cut the carrots in thin julienne sticks, crisp in hot water, and serve like celery, or with dip.

For an appetizer, drink your carrot juice may be bought canned, which is easier than fresh-pressed at home.

Of course you'll add carrot to meat, broth or vegetable soup, but have you added sliced cooked carrots, fresh cooked or left-over?

You'll want a variety of ways to serve carrots as a vegetable. Try putting cooked carrots through the potato ricer. Try boiling with a pinch of sugar and a bay leaf, later draining and adding butter. Or brown raw carrots lightly in butter, then add soup stock and cook until tender. Put whole carrots in the roaster with meat and let them absorb the rich flavor.

### VEGETABLE SALAD

When making any vegetable salad, plain or aspic, reach for the grater. Add grated carrot for color and crispness and goodness to raw or cooked vegetables for salad.

Few people think of carrots as sweets, but pumpkins and squash are vegetables too, and we make pies of them. A cup of grated carrots, with the juice pressed out, added to the custard pie recipe, makes a carrot pie. Combined with lemon and nuts, carrots can be used for an excellent marmalade.

On "The Day of Hearts," in Hungary, gingerbread valentines are popular.

### VEGETABLE CHOWDER

4 slices bacon, chopped  
1 medium onion, chopped  
1 cup diced carrots  
1 cup diced potatoes  
1 cup chopped celery, diced  
turnip or green peas  
2 tablespoons butter  
4 tablespoons flour  
4 cups milk and vegetable water  
Salt and pepper  
1 tablespoon chopped parsley (may be omitted)

Cook bacon and onion together. Cook vegetables in water to cover. Melt butter and blend in flour. Add milk and water in which vegetables were cooked (4 cups combined). Cook until mixture thickens, stirring constantly. Add bacon, onion and vegetables. Season. Heat thoroughly and sprinkle with parsley before serving.

### APPLE BAVARIAN CREAM

1 tablespoon gelatin  
3 tablespoons cold water  
2 egg yolks  
1/3 cup sugar  
1/2 cup hot milk  
1 1/2 cups apple sauce (unsweetened)  
1/2 teaspoon cinnamon or pinch of nutmeg  
1/2 cup whipping cream  
2 egg whites

Soak gelatin in cold water. Beat egg yolks slightly. Add sugar, hot milk, apple sauce and cinnamon and cook, stirring constantly, in double boiler until mixture thickens. Dissolve gelatin in hot mixture. Chill. When partially set fold in stiffly beaten egg whites and whipped cream. Chill before serving.

## Careful Shopping



Health comes home in the market basket when a wise mother shops carefully for the foods essential to the health and strength of her family. Choose with an eye to extending the usefulness of what you buy. Prepare your food for serving to preserve their full nutritious values. How? That is what this Economy Cook Book is planned to make clear to you.

## Thinking About Sugar Shortage? Canned Foods Already Sweetened

Are you thinking about sweets for the meal when there's a shortage of sugar? Then remember that canned fruits are already sweetened.

The large cans of fancy fruits on the grocer's shelves may not be so expensive after all if the cost per serving and the need for sweets are considered. Certainly they offer a greater chance to vary the fruits that appear on the family table.

Take, for instance, the epicurean black Bing cherry. Half a can, well drained, will dress up an otherwise ordinary fruit mixture.

### LOVELY DESSERT

The juice and the rest of the cherries combined with a package of cherry flavored gelatin, makes a dessert fit for the proudest dinner and sweet enough to top off any meal.

Closest in flavor to fresh fruit is

the Elberta type of canned peach, which may be bought sliced or halved. If it is desired to make the can go further, soak plain stale sponge or angel food cake with a little of the rich syrup, and then dress the slices with peach and a garnish of whipped cream.

The larger cans of prunes and apricots may often be used for two meals . . . once combined with cream cheese as a salad, and once as a dessert.

### Eggs For Dessert

Eggs for dessert? Of course . . . when they're made into a jelly omelette. Beat the yolks until thick, the whites separately until they are stiff. Add seasoning, a little milk and, if you wish, a little cooked tapioca. Cook as usual. Just before serving, fold in several spoonful of jam or jelly. Serve sprinkled with powdered sugar.

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## Eating Wisely To Help Nation Is Advocated

By JOANNA WOLFE

It is no longer enough to say to our families: "Eat this because it will make you strong." Now we must say: "Eat this because it will make Canada strong!"

Every man, woman and child must have the extra energy to work harder and longer in the factory, in the office, on the farm, at home, and in volunteer or civilian defence headquarters.

Every one of us must have stronger resistance, so that throughout the nation there will be fewer work days lost because of illness, fewer demands upon our much-needed doctors and nurses. We must have calm nerves and good morale for the emergencies which lie ahead.

Scientists now know positively that the energy, resistance, and morale of every normal person depend upon certain foods—or the lack of them. In the midst of a great war effort our government is more concerned than ever before in carrying the message of proper nutrition into every home.

### TO MOTHERS AND WIVES

That message is directed to the wives and mothers of our country. Every one of them has now become a Corporal in the army behind the Army.

And so the Canadian housewife now has a patriotic duty to perform for her country, as well as to her family. There is the responsibility of seeing to it that the right foods are bought, that they are properly prepared, and that they are eaten.

### BREAK HABITS

To do this, she may have to break down the food habits and prejudices of many years. Her problems when John, Jr., was five years old and would not eat his spinach, will be repeated, perhaps, in the case of John, Sr., who hasn't touched a glass of milk in years and doesn't propose to do so now in spite of every nutritionist in Canada.

But John Smith has been working much harder lately. He has been more nervous. And he has had too many colds this winter. So Mrs. John Smith schemes to include that necessary pint of milk a

## Here Are Hints Obtaining Best Coffee Results

A freshly opened package of coffee will retain its flavor for about a week. After that time it is advisable to procure a fresh supply. Do not mix old coffee with new.

Do not attempt to use left-over brew or once-used grounds when making new coffee.

Coffee is best when freshly made, therefore serve at once. Be sure the coffee pot is scrupulously clean. Wash the pot thoroughly after using with soap and hot water, then rinse thoroughly with hot water. Be sure to clean the spout and any tubes or baskets in the pot.

The proportions of coffee and water you choose to use should be chosen to suit your preference. In any case, always measure the coffee and water carefully. Use standard measuring cups and spoons.

day in soups and vegetables and desserts, over cereals and puddings, and in every beverage he drinks.

There may be a Mary Smith who rushes to school after a light breakfast on orange juice, coffee and toast. Before that day is ended, the essential egg must be somewhere included in her diet.

### WHAT OF JOHN, JR.?

Perhaps John, Jr., like his father, barely touches his vegetables and refuses his salads.

These are the small, intimate problems which may be multiplied many times, and each individual wife and mother must translate the national nutrition program into terms of her own family and its pet idiosyncrasies.

It is a task which will call for all her ingenuity, for great tact, and for a real effort to understand and explain clearly to others just what our government hopes we will eat, and why.

But the Canadian woman has already made a splendid start in this direction and will redouble her efforts in the realization that her family's nutrition is a part—and no small part—of her country's Victory program.

# CLASSIFIED BUSINESS DIRECTORY

The pleasure and satisfaction that you will get out of The Bulletin's 1943 COOK BOOK will increase if you take advantage of the splendid services offered by the firms listed in this directory.

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